NOVEMBER 7, 2016

TIME

ANXIETY, DEPRESSION AND THE AMERICAN ADOLESCENT

By Susanna Schrobsdorff

TIME
VOL. 188, NO. 19 | 2016

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Iraqi families displaced by the battle for Mosul gather near Qayyarah on Oct. 24

Photograph by Bulent Kilic—AFP/Getty Images

ON THE COVER: *Faith-Ann Bishop, 20, is one of millions of young Americans who've struggled with depression and anxiety. Photograph by Lise Sarfati for TIME*

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MY INCOME WILL INCREASE 20% WITH EVERY YEAR I STAY IN SCHOOL.

Globally, 62 million girls are not in school and even more are fighting to stay there. Girls empowered with an education will delay marriage, have fewer children, earn a higher income, and are more likely to invest in their families and communities. When girls gain skills, knowledge, and confidence, they break the cycle of poverty and help strengthen societies.

EDUCATE GIRLS, CHANGE THE WORLD.

#62MILLIONGIRLS

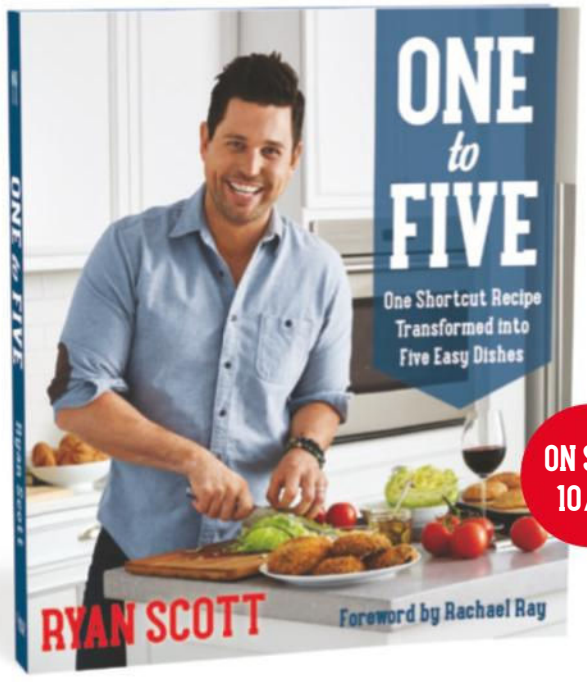
Peace Corps

LET * GIRLS LEARN

Take action to support the initiative:

Learn more at **LETGIRLSLEARN.GOV**
Get involved at **DONATE.PEACECORPS.GOV**
Tell your friends: **#letgirlslearn** and **@peacecorps**

Chef Ryan Scott's shortcut solutions to master simple, crowd-pleasing dishes.



ON SALE 10/25

"Ryan's recipes are always accessible, affordable, and most importantly, super tasty. His 'One to Five' concept is so good, I give it a 10!"

—RACHAEL RAY

"For any busy or novice cook, Ryan takes away all the excuses for why you can't make a delicious meal."

—CARLA HALL

"Ryan is one of the most creative, knowledgeable and humorous chefs I know."

—SUNNY ANDERSON

"Ryan is a riot and a darn good chef! His amazing book *One to Five* is so fun, so simple, and so Ryan."

—KATHIE LEE GIFFORD & HODA KOTB

AVAILABLE WHEREVER BOOKS ARE SOLD

START WITH A ROTISSERIE CHICKEN

There's no shame in purchasing a rotisserie chicken instead of roasting your own. Once you see how fast you can make a wide variety of recipes without sacrificing flavor, you may never roast a chicken yourself again!

1 LESLEY'S BISCUIT CHICKEN TURNOVERS

2 COOL RANCH CHICKEN SALAD SANDWICHES

3 CALIFORNIA CHINESE CHICKEN SALAD

4 CHICKEN-AND-CORNBREAD TAMALE PIE

5 CHICKEN AND BUTTERNUT SQUASH ENCHILADAS WITH RED SAUCE

Recipes from **ONE to FIVE: One Shortcut Recipe Transformed into Five Easy Dishes** by Ryan Scott.

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What you said about ...

GRETCHEN CARLSON'S FIGHT "As an atheist and a progressive Democrat, I may have little in common with Carlson, but I applaud her efforts to bring the horrors of sexual harassment and assault out of the shadows," wrote Lynne Forrester of Littleton, Colo., in response to our Oct. 31 cover story, by Belinda Luscombe, about the former Fox News anchor. "My heart goes out to [her] in her battle against sexist stupidity," said Robert Blackshaw of Glenwood, Md. But Lydia Spencer of Millington, Tenn., saw sexism in the story, particularly in its description of Carlson's home: "I bet no story you ever published about a man included info about how clean his house was or what a great multitasker he is," she wrote.

> 'Amazing profile in courage: @Gretchen Carlson.'
>
> **MARGARET HOOVER**, CNN contributor, on Twitter

30 MOST INFLUENTIAL TEENS "Some teens are killing it," said Australian pop-culture site Pedestrian.TV, summing up TIME's annual list of the year's most influential teenagers (12 of whom were profiled in the Oct. 31 issue). The site described the group—which included Aussie tech guru Ben Pasternak along with activist Malala Yousafzai and First Daughters Malia and Sasha Obama—as "a strong collection of people under 20 who are unfortunately dramatically more successful than you are." ESPN.com praised the inclusion of "some of sports' brightest young stars"—including Olympians Katie Ledecky and Simone Biles, as well as snowboarding champ Chloe Kim—while some honorees posted reactions on Twitter: "So humbled that I'm on the same list as a lot of these people I look up to, trying to make a difference," wrote Camila Cabello, a singer, activist and member of the pop group Fifth Harmony.

> 'Young people have tremendous potential and can effect change.'
>
> **MALALA FUND**, on Twitter

SPORT SHOTS As the Chicago Cubs and the Cleveland Indians face off for baseball's top honor, TIME asked 22 legendary sports photographers to share their most memorable World Series moments—like when the Toronto Blue Jays celebrated in 1993 *(below),* shot and selected by Chuck Solomon. See them all at **time.com/best-world-series-photos**

SPORT SHOTS: CHUCK SOLOMON—SPORTS ILLUSTRATED

ELECTION ANTIDOTE With surveys showing many voters consider the 2016 presidential race a cause of stress, TIME Health rounded up expert tips to combat it. Here's a preview of the full list at **time.com/election-stress**

Restrict your news intake. It can help to designate specific times for reading news.

Maintain a healthy routine. In stressful times, it's particularly important to eat well and get enough sleep.

Be mindful. Reserve time for mindfulness meditation, which can be as effective as exercise at lowering stress.

BONUS *TIME* HISTORY

Subscribe to TIME's free history newsletter and **get the stories behind the news,** plus a curated selection of highlights from our archives. For more, visit **time.com/email**

SETTING THE RECORD STRAIGHT In "Monumental Offenses" (Oct. 31), we misidentified the location of a statue of Lucille Ball. The Scary Lucy statue was in Celoron, N.Y. In the same issue, in our story on arbitration, we referenced an incorrect acronym for the Arbitration Fairness Act.

TALK TO US

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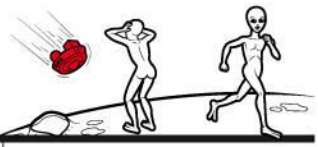
‘Nasty women vote.’

ELIZABETH WARREN, Massachusetts Senator, referencing Donald Trump’s admonishment of Hillary Clinton in the third presidential debate as “such a nasty woman”; the term has been claimed by women as a rallying cry

186 m.p.h.

Approximate speed at which the Mars probe Schiaparelli—a joint mission of the Russian and European space agencies—may have crash-landed on the Red Planet



Mark Twain
A comedy award in the writer’s name was handed out for the 19th time, to Bill Murray

GOOD WEEK
BAD WEEK

William Shakespeare
A new edition of *Henry VI* lists rival Christopher Marlowe as a co-author

‘IT’S NOT FOR ME TO TAKE AWAY A GROWN MAN’S TWITTER ACCOUNT.’

KELLYANNE CONWAY, Trump’s campaign manager, discussing the candidate’s sometimes controversial social-media usage

$22,700

Amount of money **raised to replace the vandalized sign** marking where the body of 14-year-old Emmett Till was found in the Tallahatchie River in Mississippi in 1955

400 p.p.m.

The average **concentration of CO_2 in the atmosphere,** a threshold even pessimistic climate-change scientists believed Earth would not reach for decades, according to the World Meteorological Organization

‘I spent years of my life deployed, missed out on birthdays and deaths in the family, got blown up … [and] they say I haven’t fulfilled my contract.’

CHRISTOPHER VAN METER, former Army captain, Purple Heart recipient and one of nearly 10,000 National Guard troops in California ordered to repay re-enlistment bonuses, which were offered to soldiers as an incentive to stay during the Iraq and Afghanistan wars; a 2011 audit found widespread overpayment, and on Oct. 26, after the backlash, the Department of Defense told the Pentagon to stop seeking collections

‘IF I COULD AFFORD TO LEAVE, I WOULD.’

ELNORA CARTHAN, decades-long resident of Flint, Mich., discussing the city’s lead-contaminated water system; more than a year after government officials acknowledged the crisis, it’s still an ongoing problem

‘This is a beautifully violent game, and the same reason I loved it is why I have to walk away.’

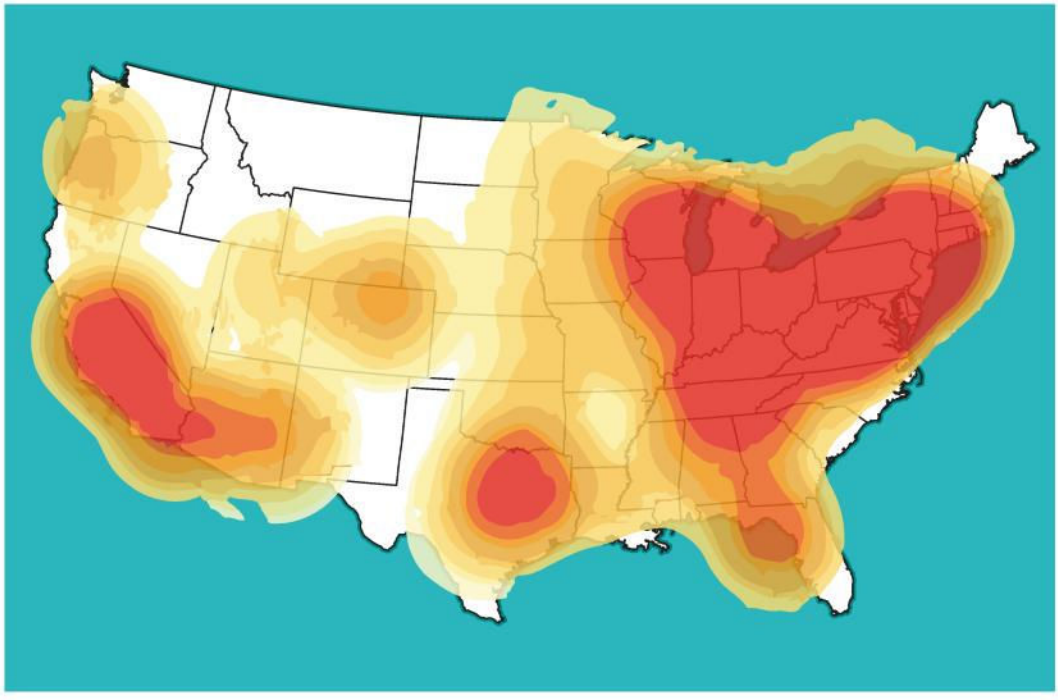
ARIAN FOSTER, Miami Dolphins running back, on his retirement from the NFL at age 30, after years of injuries

SOURCES: CNN; NEW YORK TIMES; WASHINGTON POST

ILLUSTRATIONS BY BROWN BIRD DESIGN FOR TIME

The Brief

'I KNEW THAT MANY WOULD MOCK WHAT WE ARE DOING, BUT I DIDN'T THINK THAT WAS A REASON NOT TO DO IT.' —PAGE 11



A heat map highlights the extent and severity of Internet outages during the Oct. 21 cyberattack

SECURITY

A shocking Internet attack shows America's vulnerability

By Haley Sweetland Edwards and Matt Vella

THE INTERNET BEGAN TO WOBBLE AT 7 a.m. Early on Oct. 21, servers at a little-known Internet infrastructure company, Dyn, based in Manchester, N.H., began experiencing an overwhelming flood of malicious traffic. By midday a coordinated series of attacks had metastasized, eventually blocking or significantly slowing access to dozens of sites, including Twitter, Netflix, Spotify and Airbnb, for millions of Americans as well as web users in Brazil, Germany, India, Spain and the U.K. The FBI and the Department of Homeland Security are looking into the attack, thought to be the largest of its kind ever. But by the time the disturbance ebbed the following day, the point security researchers have been making to one another at an increasingly alarmed pitch in recent months became clear to a much broader public: America's digital infrastructure is deeply vulnerable.

As has become the norm with cyberattacks, the how became apparent long before the who or why. (Experts don't believe a nation-state sponsored the strike; a collective that calls itself New World Hackers claimed responsibility, without proof, on Twitter.) Dyn provides Domain Name System services for a variety of major Internet destinations, acting as a critical address book translating user-friendly website names like TIME.com to the numerical designations used to move traffic to its intended destination. The firm was overwhelmed with bogus traffic in a so-called distributed denial-of-service (DDoS) attack: the bad guys' massive volume of requests flooded Dyn, making it diffi-

cult for legitimate users to get through. That didn't knock services like Spotify offline per se; it just made them impossible to reach. Assaults of this kind are a routine part of hackers' arsenal at this point, usually deployed to extort a ransom or in retaliation for perceived slights. But DDoS attacks have dramatically escalated in scale over the past year, including two record blitzes this fall.

What was most shocking about the latest assault were the tools used to mount it. Hackers employed a vast array of remotely controlled Internet-connected gadgets—surveillance cameras, printers, digital video recorders—to generate the crippling deluge. They exploited these devices, which are part of the so-called Internet of Things and often suffer from weak or nonexistent security, thanks to a virus called Mirai. Internet provider Level 3 Communications estimates Mirai has infected some 500,000 gadgets. Experts call this phalanx of zombie devices a botnet army. And by one estimate, just 10% of the Mirai army was deployed this time.

The Internet of Things is growing faster than government's or industry's ability to secure it. There are now 6.4 billion connected devices globally, according to researcher Gartner. By 2020, that will balloon to 20.8 billion. Recalls like the one announced by Xiongmai Technologies, the Chinese manufacturer of some of the webcams used against Dyn, don't go far enough, says Timothy Edgar, a director of law and policy at Brown University's cybersecurity program. "Going back and making sure that each of these cameras have better security isn't really possible," he says.

Consumers can protect themselves to a degree by keeping the software on their devices updated or changing the default password if possible. But most cyber researchers say device manufacturers must be held responsible for better security. How to do that remains unclear, though legislation may be coming: on Oct. 24, Homeland Security Secretary Jeh Johnson seemed to suggest as much, saying his department would produce a strategic plan "in the coming weeks."

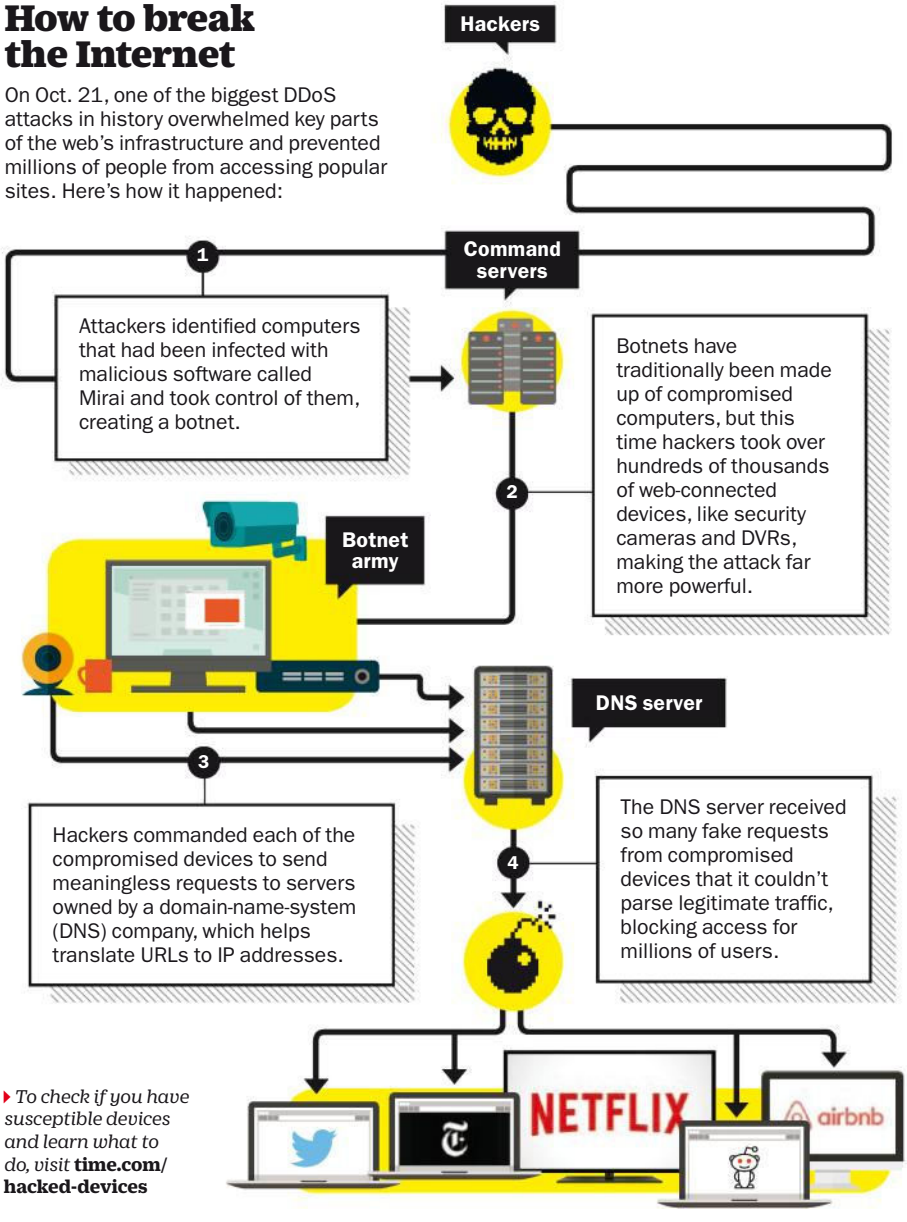
More vexing are the questions that remain about the origin and purpose of such attacks. Bruce Schneier, a security expert and fellow at Harvard's Berkman Klein Center for Internet & Society, theorizes that, in aggregate, these events constitute a kind of probing of the defenses and weaknesses of critical parts of the web. "Someone is learning how to take down the Internet," he wrote ominously in September. An event like the Oct. 21 attack may, in retrospect, look like Darth Vader test-firing the Death Star on Alderaan.

What could a more damaging event look like? Denise Zheng, a senior fellow at the Center for Strategic & International Studies, says it might target health care or the financial realm. Or as several security experts warned, hackers could attempt to disrupt the U.S. presidential election by hobbling state and county election websites. Since voting machines are not connected to the Internet, it would be difficult to undermine the vote itself. But they could easily create an impression to the contrary.

Indeed, opacity and uncertainty are shaping up to be defining features of the cyber era. There is another telling detail about this attack: the Japanese word *mirai* translates as "the future." □

How to break the Internet

On Oct. 21, one of the biggest DDoS attacks in history overwhelmed key parts of the web's infrastructure and prevented millions of people from accessing popular sites. Here's how it happened:


Hackers
Command servers
1
Attackers identified computers that had been infected with malicious software called Mirai and took control of them, creating a botnet.
2
Botnets have traditionally been made up of compromised computers, but this time hackers took over hundreds of thousands of web-connected devices, like security cameras and DVRs, making the attack far more powerful.
Botnet army
DNS server
3
Hackers commanded each of the compromised devices to send meaningless requests to servers owned by a domain-name-system (DNS) company, which helps translate URLs to IP addresses.
4
The DNS server received so many fake requests from compromised devices that it couldn't parse legitimate traffic, blocking access for millions of users.
NETFLIX
airbnb

To check if you have susceptible devices and learn what to do, visit **time.com/hacked-devices**

END OF THE LINE Young men queue outside a processing center on Oct. 24 as French authorities prepared to demolish the "Jungle" migrant camp near the port of Calais. Thousands of evicted migrants were transported to shelters around France, and about 1,000 unaccompanied children have been housed in converted shipping containers near the camp while their asylum claims are processed. *Photograph by Emilio Morenatti—AP*

EUROPE

The Pirate Party sets sail for election victory in Iceland

ICELAND'S PIRATE PARTY IS expected to win the largest share of the vote in the country's Oct. 29 general election, less than four years after the fringe political group formed. Its rise is the latest, and perhaps most colorful, in a string of anti-Establishment insurgencies throughout Europe, from the far left to the far right.

ANCHORS AWEIGH Led by former WikiLeaks activist and "poetician" Birgitta Jonsdottir, the Pirate Party formed in the wake of the collapse of Iceland's hugely overleveraged banking industry following the 2008 financial crisis. After the Panama Papers revealed in early 2016 that former Prime Minister Sigmundur David Gunnlaugsson held investments in offshore accounts, support for the movement surged to 43% in an April poll.

AYE ON POWER The party says it wants to be the "Robin Hood" of politics by handing power back to Icelanders and seeks to make the country a haven for hackers and whistle-blowers. But forming a stable government could present a challenge. The party has ruled out working with the current center-right coalition, which includes Gunnlaugsson's Progressive Party, and may have to seek an alliance with at least two smaller parties.

CLOSE QUARTERS The party has much in common with other European populist parties: it has campaigned for constitutional reform, redistribution of resources and a referendum on Iceland's relationship with the E.U. If the Pirates do plunder a win, it will be one more example of an outsider's turning into the champion of establishment-weary voters. —TARA JOHN

‹ Birgitta Jonsdottir, leader of the Pirate Party, has said she wants to give Icelandic citizenship to Edward Snowden

ILLUSTRATIONS: LILLY CHOW FOR TIME; JONSDOTTIR: GILES CLARKE—GETTY IMAGES

TICKER

E.U.-Canada trade deal halted

A key E.U. trade deal with Canada was stopped in its tracks on Oct. 14 when Belgium was unable to approve it because of opposition in French-speaking Wallonia, among other regions. The CETA trade deal requires approval by all 28 E.U. members.

Jail sentence for ex-A.G. Kane

Former Pennsylvania attorney general Kathleen Kane was sentenced to 10 to 23 months in jail after being convicted of charges including perjury. Kane, 50, had illegally leaked details from a grand jury investigation to discredit a political rival, then lied about it.

African exodus from the ICC

Gambia joined South Africa and Burundi in announcing plans to withdraw from the International Criminal Court. Each country has complained that the court is biased against Africans, and there are fears more will follow their lead.

Much of U.S. may see warmer winter

This year's winter will be warmer and drier than average in much of the U.S., thanks to the potential start of the La Niña climate pattern, forecasters said. However, the northern Midwest may see a colder and wetter season.

TICKER

STD cases reach record high in U.S.

Rates of infection from sexually transmitted diseases have hit a record high in the U.S., new federal data show. Cases of chlamydia, gonorrhea and syphilis all rose from 2014 to 2015, for the second year in a row.

Political standoff in Venezuela

Venezuela's opposition held a mass protest on Oct. 26 after the government blocked a recall referendum seeking the removal of President Nicolás Maduro. Each side accuses the other of staging a coup, as the country struggles with crippling food shortages.

Earthquakes hit Italy

A pair of earthquakes shook central Italy on Oct. 26, the second one stronger than the first with a magnitude of 6.1. Aftershocks downed power lines and caused a major highway to be closed. It was not immediately clear if there were any deaths or injuries.

Philippines leader wants U.S. out

Philippines President Rodrigo Duterte said Oct. 26 he wants U.S. troops to leave the five military bases it maintains in the country, perhaps within two years. Duterte, who earlier announced a "separation" from the U.S., said he wants to be closer to China.

THE RISK REPORT

How Singapore sees Asia—and America

By Ian Bremmer/Singapore

SINGAPORE IS GLOBALIZATION'S CLEAREST success story. A trading hub for centuries, this tiny island city-state of close to 6 million people sits at the mouth of the Strait of Malacca, the passageway through which one-third of the world's seaborne traffic passes every day. Singapore is part of 20 free-trade agreements and has 31 trade partners. Globalization has helped it become one of the world's wealthiest countries per capita.

Singapore's economic dynamism is built atop a foundation of political stability. Lee Hsien Loong is only the country's third Prime Minister since independence in 1965. Like his predecessors—including his father Lee Kuan Yew—he's a talented and farsighted defender of Singapore's interests, and he told me during a recent interview that he's becoming concerned about antiglobalization anger in the U.S. and its implications for his region. He also fears that Washington is losing ground in Asia.

A shortsighted U.S. effort to prevent allies from becoming members of the China-led Asian Infrastructure Investment Bank and worsening U.S. relations with the Philippines' Rodrigo Duterte are worrying. But Washington's failure to approve the Trans-Pacific Partnership (TPP), an enormous trade pact with 11 other nations (including Singapore), is the most serious challenge to its place in Asia. "The one big thing you've done is set up the TPP. It shows that you're serious, that you're putting a stake here which you have an interest in upholding. And now you can't deliver on the TPP," Lee lamented.

That failure puts Singapore in a difficult position. "The Chinese go around with lollipops in their pockets," Lee said. "They have aid, they have friendship deals, trade is an extension of their foreign policy. [Americans] don't do these things." The U.S. election has compounded his concerns. "Maybe Americans feel they don't need the rest of the world anymore, and they wish it would go away. We don't have that option," Lee warned.

> 'Maybe Americans feel they don't need the rest of the world anymore.'
>
> LEE HSIEN LOONG, Prime Minister of Singapore

Singapore must protect its good relations with all sides. The city-state doesn't need China's cash, but it certainly needs trade and investment. And it needs the U.S. and China to coexist in Asia for the benefit of all. "The Chinese are convinced that you're trying to slow their growth, and you're convinced they might do something unpredictable," Lee said. "How do you overcome that? It has to happen at the top."

The good news? "Hillary Clinton knows all this," said Lee. "As Secretary of State, she worked very hard for Southeast Asia." This gives him hope that a new U.S. President can reverse the retreat of American influence. But that will depend—at least in part—on what happens on Nov. 8. □

HEALTH CARE

Obamacare sticker shock

President Obama's signature health-insurance plan is facing rising costs, which are likely to continue to grow if Congress and the next President do not agree to rewrite key parts of the law. Here are a few telling statistics. —*Maya Rhodan*

25%

Average increase in premiums for benchmark plan
Americans shopping on the individual market will pay more as healthier people decline to join the system, raising rates

$433

Average monthly cost of a midlevel plan before subsidies
This could lead to sticker shock for Americans who earn too much to qualify for federal subsidies

73%

Percentage of people on midlevel plans who will pay less than $100 a month
The increased costs will be offset by increased federal subsidies for low-income Americans

Milestones

Hayden, who died Oct. 23 at age 76, speaking in New York in September 1972

DIED

Tom Hayden
Activist

By Eric Garcetti

I FIRST MET TOM HAYDEN AT THE Democratic National Convention. No, we weren't in Chicago in 1968, but in Los Angeles in 2000. His passion was inspiring and contagious.

Tom was a relentless activist and a loyal friend—a giant who never stopped pushing for peace and justice. He firmly believed that a strong democracy is a democracy in which we listen to one another and one in which we don't just hit the streets, but we also jump into the electoral and legislative processes.

As both an activist and an elected leader, Tom brought the cruelties of war to the public's attention, confronted environmental degradation and fought tirelessly for equal rights for all. His work took him abroad to conflict zones and brought him home to the streets of Los Angeles—where he saved lives by negotiating a gang truce, and took up the cause of protecting tenants from unfair rents.

I will miss his sharp intellect and righteous stubbornness. His legacy will be an example for generations to come.

Garcetti is the mayor of Los Angeles

DIED

Junko Tabei, 77, the first woman to climb Mount Everest. The Japanese mountaineer accomplished the feat in May 1975 while leading an all-female team. She also ascended the highest peaks of all seven continents before succumbing to cancer.

ANNOUNCED

AT&T's planned acquisition of Time Warner for $85.4 billion. The deal could result in one of the biggest media companies in the U.S., to the concern of some lawmakers. Regulators still need to approve the acquisition, but AT&T officials expect the deal to close in 2017.

WON

The National League pennant, by the **Chicago Cubs** for the first time since 1945. The team now hopes to end a 108-year wait for a World Series title.

› The Man Booker Prize for Fiction by **Paul Beatty's *The Sellout.*** He is the first American author to receive the literary prize.

FIRED

Snoopy, by MetLife Inc., after more than 30 years as the face of its brand. The company will no longer use characters from the *Peanuts* cartoon strip in its marketing, as part of a global rebranding effort after selling off its life-insurance operation.

HAYDEN: BERNARD GOTFRYD—GETTY IMAGES; MCMULLIN: RICK BOWMER—AP

QUICK TALK

The Utah surprise

Evan McMullin left his Republican staff job in the U.S. Congress in August to run as an independent, conservative candidate against Donald Trump and Hillary Clinton. Now some polls have him ahead in Utah, meaning he could be the first third-party candidate to win a state since 1968. There's also a very small chance his win could stop Clinton and Trump from reaching 270 electoral votes, meaning the U.S. House would pick the next President.

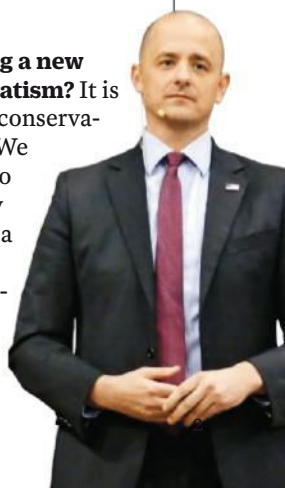
Why are you putting yourself through this? We feared that if no one stood up for these principles, from the actual conservative side, that they might be forgotten. I knew that many would mock what we are doing here, but I didn't think that was a good enough reason not to do it.

What are the states you'd need to deny Trump and Clinton 270 electoral votes ? If it is very close, Utah can be enough. The other two states that are possible for us [to win] are Wyoming and Idaho.

Any new endorsements coming down the pike? I am not looking for validation for this effort from people who allowed Trump and Clinton to be nominated.

Are you building a new kind of conservatism? It is definitely a new conservative movement. We will not be able to be part of a party that has become a populist, white-nationalist political organization.

—ELIZABETH DIAS



WOMEN
FOR
TRUMP

LightBox

What would Lincoln do?

Supporters of Republican presidential nominee Donald Trump—including a man dressed as the 16th President—cheer during a campaign rally in St. Augustine, Fla., on Oct. 24. Trump trails Democrat Hillary Clinton in the polls, and even longtime red states like Utah and Arizona are now in play.

Photograph by Evan Vucci—AP

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SimpliSafe

The View

'THERE IS UNTOLD VALUE IN KNOWING A LITTLE ABOUT A LOT.' —PAGE 17

The American Academy of Pediatrics is adjusting its less-is-more approach to screen time for kids

CAVAN IMAGES/OFFSET

PARENTING

Inside the new standards for kids and screen time

By Markham Heid

WHEN IT COMES TO SCREEN TIME for kids, less is more. That's what the American Academy of Pediatrics has maintained for years, warning that exposing young children to any kind of digital platform, from junk TV to educational apps, could lead to delayed or stunted language development and poorer reading skills. Whether or not people agreed with the AAP guidelines—and many did not—they were nonetheless impactful, driving pediatricians to advise the parents and kids in their care to stay away from screens.

Now, however, the AAP is changing its tune. Whereas the old guidelines offered blanket limits—say, no screen time of any kind before age 2—the new ones, released Oct. 21, are far more nuanced. "You'll notice a move away from the idea that you can lump all screen time together and label it fun or educational or harmful," says Dr. David Hill, chair of the group's Council on Communications and Media. "The ways we interact with screens today are so varied that it doesn't make sense anymore to start a stopwatch and say, 'At this point you're done.'"

At the same time, kids' having access to so many screens is a relatively new phenomenon, and much of the research surrounding it is inconclusive. That makes it hard for the AAP to say definitively, for example, that playing smartphone games is bad and using educational tablets is good. What its new guidelines make clear, though, is that there are many ways—beyond strict limits—to help your kids

PHOTOGRAPH BY CHARLES GULLUNG

have a happy, healthy relationship with technology. Here are a few:

1. VIDEO-CHAT WITH BABIES.
By and large, kids 18 months and younger should be kept away from screens. Any learning at that age "is dependent on interacting with other humans," Hill says. "So even if an infant is interested in the screen and its lights and colors, the research we have suggests they can't imbue these images with any meaning." The one exception: video-chatting with parents and loved ones, especially if they're away from home for extended periods of time.

2. WATCH QUALITY SHOWS WITH PRESCHOOLERS.
For kids younger than 5 but older than 2 years, one hour of well-constructed educational programming, like *Sesame Street* or *Daniel Tiger's Neighborhood,* can be highly beneficial. Still, Hill says, they shouldn't be watching alone: "It's better to have a parent involved and reinforcing what's on the screen." If your daughter is watching a video about colors, for example, you could watch with her and point around the room at examples of red or blue or yellow objects. "This sort of parent participation and reinforcement makes a big difference when it comes to how much young children take away from these programs," he says.

3. BE MINDFUL OF OLDER KIDS' HABITS.
"As children get older, we know whatever media you put in front of them or allow them to be exposed to, they will learn from," Hill explains. And while there are few hard-and-fast rules when it comes to censoring what middle and high schoolers see, he stresses that parents should "pay attention and decide what's appropriate," especially regarding violent and sexually explicit content.

4. LEAD BY EXAMPLE.
"There are times every day when we need to put down our phones and talk," Hill explains, citing bedtime and mealtimes as two good examples. Often this shift can be just as jarring for parents as it is for kids—which makes it all the more important to practice what you preach. Ditto respecting others online. "If your kids see you insulting someone or being a troll on social media, they're going to do likewise," Hill says. "The Internet is like a small town, and what you do will come back to you."

5. KEEP AN OPEN MIND.
"Time spent in front of screens or devices isn't inherently good or bad," Hill says. "Like everything else, it's really about the content and how you engage with it—and setting limits around it—that matters." ◻

VERBATIM

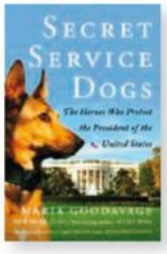
'Fundamentally, we're about eliminating loneliness and boredom … That's what entertainment does.'

REED HASTINGS, Netflix CEO, at an Oct. 24 conference sponsored by the *Wall Street Journal*

BOOK IN BRIEF

America's canine protectors

BEHIND EVERY GREAT AMERICAN President lies an even greater team of … dogs? So one could surmise from Maria Goodavage's new book, *Secret Service Dogs,* which highlights the "completely nonpartisan" agents that serve in the highest levels of government. Among them: Emergency Response Team dogs (all Belgian Malinois), which are trained to take down bad guys—the canine equivalent of a SWAT team; Explosive Device Team dogs (also frequently Malinois), which check every vehicle that comes to the White House; and so-called friendly dogs (typically Labrador retrievers or springer spaniels), which subtly sniff White House visitors for suspicious scents. These canines are crucial parts of America's national security, Goodavage writes. In 2014, for example, a Malinois named Hurricane helped take down a fence jumper on the White House lawn. He was eventually given an award for valor—but first, a well-deserved hug from his owner, a big "Good boy!" and two McDonald's burgers. —SARAH BEGLEY



CHARTOON

Ongoing concerns

JOHN ATKINSON, WRONG HANDS

BIG IDEA

A well that sucks water from air

One in nine people worldwide lives without access to clean drinking water, and that problem is especially bad in areas unsuitable for wells or irrigation. One solution: the WaterSeer, a wind-powered device that aims to extract up to 11 gal. of potable water every day—from thin air. The key? Condensation. After a fan pushes air belowground, a pipelike metal chamber cools it, and then water particles collect in a reservoir. "Anybody who's had a frothy glass of beer knows there's moisture in the air," says Don Zacherl, CEO of VICI Labs, which developed the WaterSeer. "We're just applying it in a different way." The company aims to send out the first versions next year, once the National Peace Corps Association has finished field testing. *—Julia Zorthian*

HASTINGS: ETHAN MILLER—GETTY IMAGES; BIG IDEA: WATERSEER

VIEWPOINT

The danger of having too many experts

By Nick Lovegrove

IN OUR GLOBALIZED, TECHNOLOGY-DRIVEN world, we have convinced ourselves that the route to excellence and progress lies in specialization. Consider entrepreneur Peter Thiel's recent argument that workers should make a lifelong commitment to a single career objective. Or the fact that fewer than 7% of U.S. undergraduates choose a major from among the humanities, opting instead for market-focused majors such as petroleum engineering or pharmaceutical marketing.

Superficially, this trend toward specialization makes sense. It does, after all, take sustained dedication to attain world-class expertise. (See *New Yorker* writer Malcolm Gladwell's 10,000-hour rule.) But the implication that everyone should become an expert in one thing is dangerous because there is untold value in knowing a little about a lot.

University of Pennsylvania professor Philip Tetlock knows this well. His research has shown that in a variety of situations, certain nonexperts can actually make better predictions than experts, because they are better able to draw upon an eclectic array of perspectives. Such situations, of course, do not include, say, picking a surgical procedure, for which subject-matter expertise is an enormous asset. But they do include solving contemporary problems—inequality, climate change, policing—that require thinking broadly (and smartly) across many disciplines.

Lovegrove is a managing partner at the Brunswick Group and the author of The Mosaic Principle

DATA

THIS JUST IN

A roundup of new and noteworthy insights from the week's most talked-about studies:

1

TWITTER LOVES COFFEE

A study in the *Journal of Medical Internet Research Public Health and Surveillance* that analyzed Twitter activity found that coffee was the most tweeted-about food in America; runners-up included beer and pizza.

2

EXERCISE HELPS SLOW MEMORY LOSS

A study of people with cognitive impairment published in the journal *Neurology* found that a group that walked three times a week (and gradually increased intensity for six months) performed significantly better on memory tests than a group that did not add exercise.

3

INFANTS SHOULD SLEEP IN THE ROOM, BUT NOT THE BED, WITH PARENTS

New guidelines from the American Academy of Pediatrics (AAP) stipulate that infants should sleep in their parents' bedrooms for at least six months and ideally a year. For safety reasons, they should still not share one bed. But if that situation cannot be avoided, the AAP says, parents should keep infants away from comforters and pillows and make sure the bed is firm. *—J.Z.*

TECHNOLOGY

Why political predictions still contain so much uncertainty

By Emily Barone

IN RECENT WEEKS, TWO THINGS HAVE become increasingly clear: Hillary Clinton is beating Donald Trump in the vast majority of scientific national polls, and the reliability of those polls has become more contested than ever before.

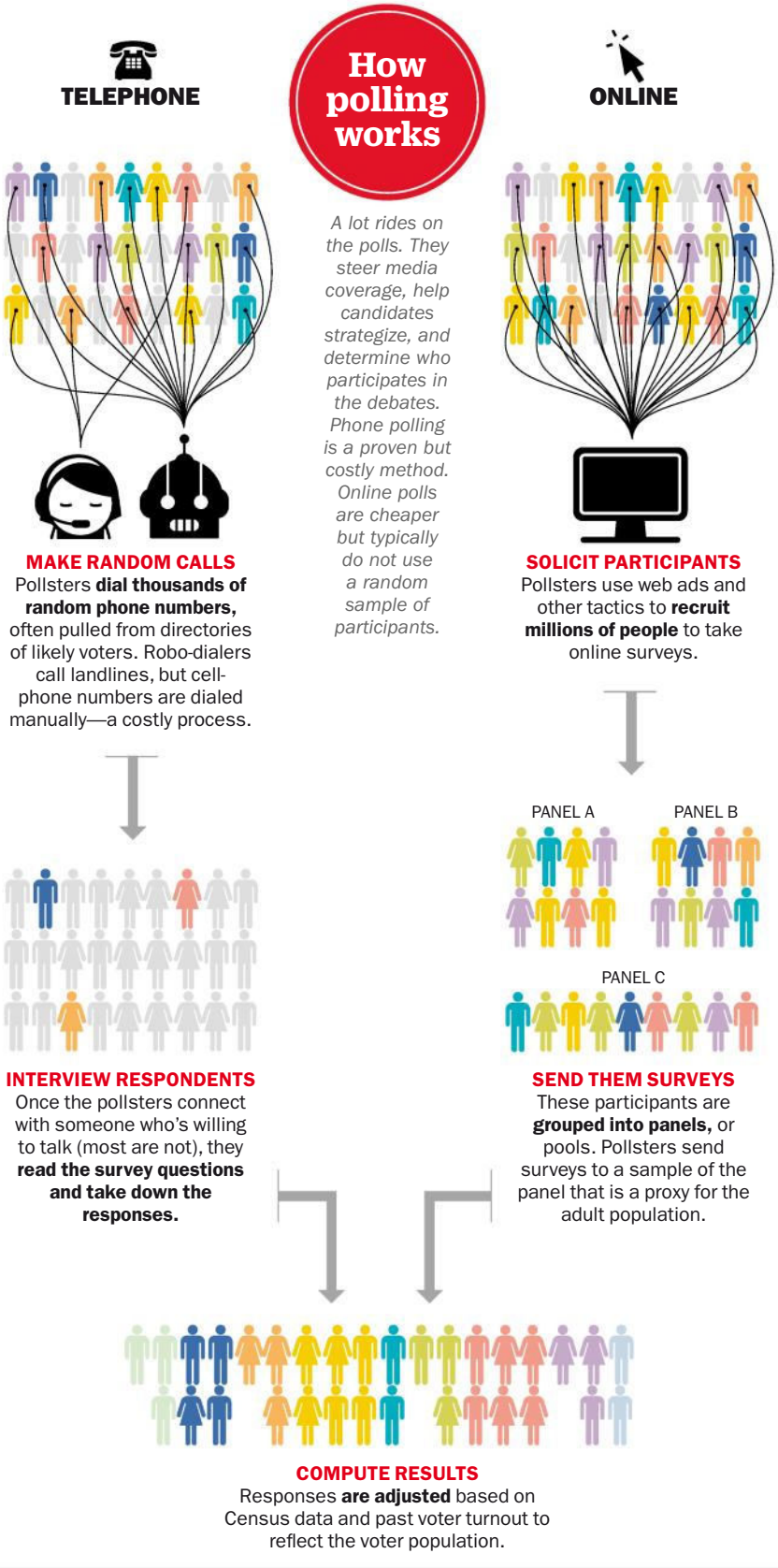
Republican nominee Trump has led the way, of course, by charging that Democrats are pushing "phony polls" and that the press has refused to report on the truth. Neither is true. Throughout October, a range of independent public polls has consistently shown Clinton in the lead.

But that doesn't mean the polls show a certain victory for Clinton. There are many reasons for this uncertainty. Voters can still change their mind. Pollsters can mispredict turnout. The polls themselves have statistical margins of error. And recent technological changes have made polling both more challenging and more experimental.

In a traditional survey, pollsters need to tap a random sample of landline phones. But Americans have become far less likely over the decades to volunteer to participate in polls when called, and more and more Americans are not even reachable by landline. That has forced pollsters to include cell phones in their samples, which cannot be dialed by computers under U.S. law.

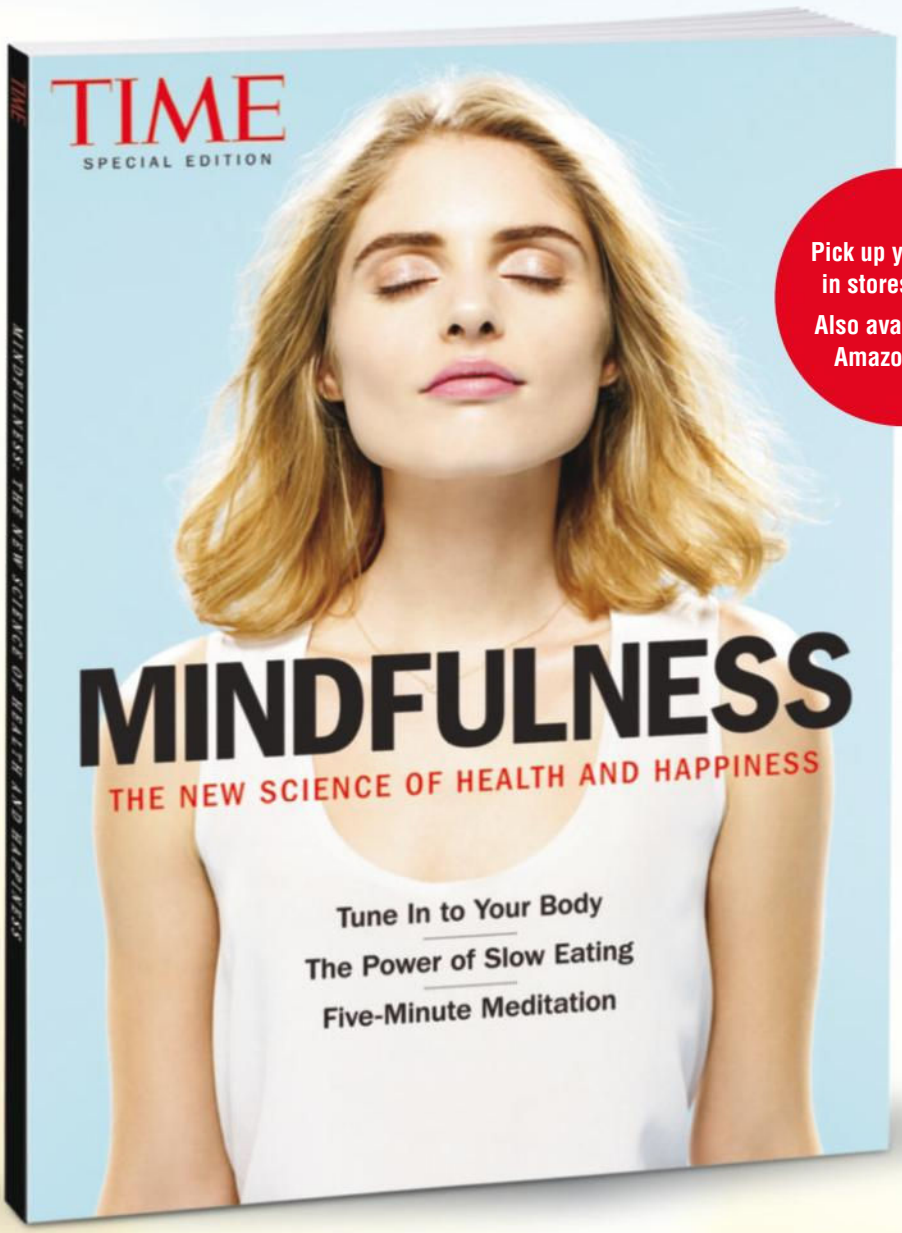
At the same time, the Internet has allowed pollsters to measure public opinion quickly and inexpensively. Rather than randomly compile a sample for every new poll, companies like YouGov, Morning Consult and SurveyMonkey create a much larger community of regular poll takers online. The pollsters then sample demographic slices of that community to estimate the electorate.

To date, the two methods have been returning similar results, and past elections have shown each to be decent predictors of the election outcome. But the old saw remains: The only poll that matters is the one taken at the ballot box. ☐


How polling works
A lot rides on the polls. They steer media coverage, help candidates strategize, and determine who participates in the debates. Phone polling is a proven but costly method. Online polls are cheaper but typically do not use a random sample of participants.
TELEPHONE
ONLINE
MAKE RANDOM CALLS
Pollsters dial thousands of random phone numbers, often pulled from directories of likely voters. Robo-dialers call landlines, but cell-phone numbers are dialed manually—a costly process.
SOLICIT PARTICIPANTS
Pollsters use web ads and other tactics to recruit millions of people to take online surveys.
PANEL A
PANEL B
PANEL C
INTERVIEW RESPONDENTS
Once the pollsters connect with someone who's willing to talk (most are not), they read the survey questions and take down the responses.
SEND THEM SURVEYS
These participants are grouped into panels, or pools. Pollsters send surveys to a sample of the panel that is a proxy for the adult population.
COMPUTE RESULTS
Responses are adjusted based on Census data and past voter turnout to reflect the voter population.

FREE YOUR MIND

Discover why slowing down and staying present leads to a happier life



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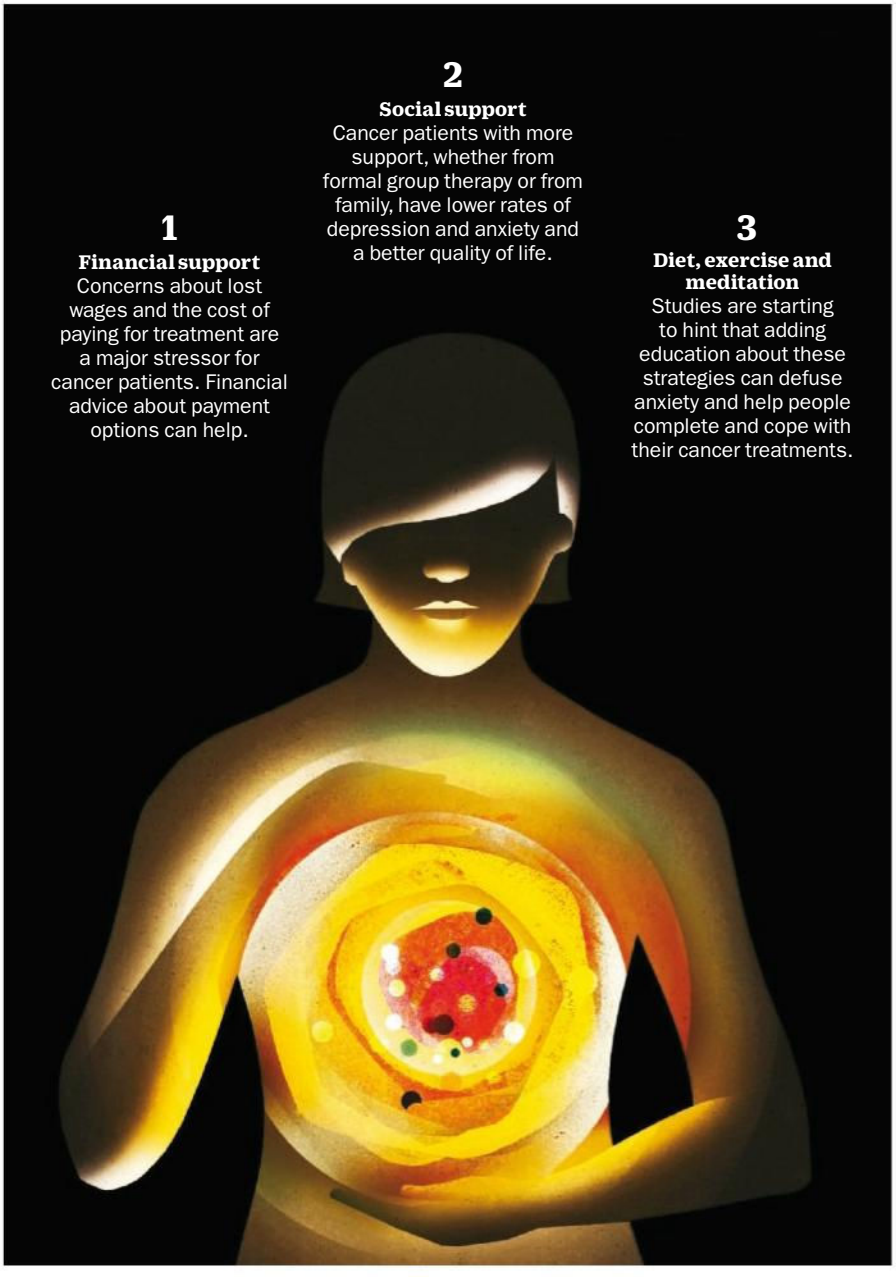
FRONTIERS OF MEDICINE

The forgotten side of cancer care

By Alice Park


1
Financial support
Concerns about lost wages and the cost of paying for treatment are a major stressor for cancer patients. Financial advice about payment options can help.
2
Social support
Cancer patients with more support, whether from formal group therapy or from family, have lower rates of depression and anxiety and a better quality of life.
3
Diet, exercise and meditation
Studies are starting to hint that adding education about these strategies can defuse anxiety and help people complete and cope with their cancer treatments.

TUNNEL VISION CAN SET IN WITH A new cancer diagnosis. Everyone—the doctor, the patient, the patient's loved ones—focuses almost exclusively on treatment: the chemotherapy, surgery and radiation that aim to keep a patient alive for as long as possible. But now some forward-thinking doctors are realizing that a single-minded focus on treatment puts cancer, and not the person with it, at the core of the patient's care. In an effort to change that, some hospitals across the country are launching innovative programs that aim not just to keep patients alive—but also to keep them well.

"Medicine alone is not enough," says Anne Coscarelli, founding director of the Simms/Mann University of California Los Angeles Center for Integrative Oncology, one of several cancer centers to adopt a comprehensive view of patient care. "For every physical effect of a cancer treatment, there is an equal psychological effect."

Obvious as that seems, most cancer centers do not incorporate psychological care or social support into their patients' treatment plans. That's beginning to change, in part thanks to mounting research suggesting that a healthy mental state can play a part not only in quality-of-life improvements but also in a person's prognosis. This emerging field, called psychosocial oncology, is about everything but the actual medical interventions.

Studies show that the mental toll of a new illness can drain a person's physical resources and that social support can help patients cope with painful treatment regimens and improve recovery. Some studies also show that social support, mindfulness meditation and exercise, among other holistic strategies, can reduce the depression associated with cancer while also improving people's ability to complete their treatment plans without interruption.

Taking things further, researchers are beginning to pay attention to even subtler parts of the cancer experience, including how the disease can affect body image—something that's a major source of anxiety for many patients but one that often gets overlooked.

It's this kind of thinking that encouraged the Institute of Medicine to advocate for a more comprehensive cancer-treatment plan—one that includes stress-management strategies and emotional and financial support—all the way back in 2008. Now it's finally taking hold.

"What doctors need to remember," says Dr. Kathryn Ruddy, director of cancer survivorship at Mayo Clinic, "is that for the rest of their lives, these people may be dealing with the effects of our treatments. It's our responsibility to support them the best way that we can."

Doing that at scale will require major funding. For now, many of the integrative-care programs are paid for by private donors. Leaders in the psychosocial-oncology field hope that such programs will one day be a line item on a hospital's budget—not at the whim of generous benefactors.

"We are in a revolution where we are becoming more wellness-focused," says Carolyn Katzin, an integrative-oncology specialist at UCLA. "But we are not there yet. We're still in the middle of the shift." □

ILLUSTRATION BY BRIAN STAUFFER FOR TIME

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The ultimate insider who could still change the game in the Oval Office

By Joe Klein

THERE HAVEN'T BEEN MANY EXHILARATING MOMENTS in Hillary Clinton's long slog to the presidency, but this may have been one of them: a gorgeous late-October afternoon in New Hampshire, an outdoor rally amid the falling leaves, a stage full of female candidates—two for Congress, one for the Senate, one for President plus Massachusetts Senator Elizabeth Warren, leaving only one lonely guy (the candidate for governor). The women wore interesting colors—a perfect firehouse red for Warren; a lush violet for New Hampshire Governor Maggie Hassan; a cool, crisp sky blue for Clinton.

This was a perfect reversal of fortune from the days when five of the six speakers would be men in blue suits with red ties, joined by a lone woman—a candidate for state treasurer, perhaps—also dressed in a navy blue suit. The tone was set by the incendiary Warren, who responded to Donald Trump's calling Clinton a "nasty woman" in the third debate: "Get this, Donald—nasty women are tough. Nasty women are smart. And nasty women vote. And on Nov. 8, we nasty women are going to march our nasty feet to cast our nasty votes to get you out of our lives forever."

This is a matter of some significance. We are about to experience a radical change in American politics: a woman may well be our next President. It's a transformation that's been lost in the roil of the campaign. Clinton is so familiar a character that she has been disaggregated from her gender. She is the experienced candidate, the status quo candidate, the Establishment candidate; she is the awkward, slippery, morally challenged candidate. All true, but she is also a woman—and women are different from men. "I do have a lot of plans, I do. And I get criticized for having so many plans," Clinton said, following Warren in New Hampshire. "Maybe it's a bit of a women's thing because we make lists. We do, we make lists, and we try to write down what we're supposed to do and then cross them off as we go through the day."

IT IS DIFFICULT to imagine Donald Trump making a list—or doing many of the things Clinton would if she becomes President: listening to a complicated argument without interrupting, negotiating patiently with her opponents, looking before she leaps. These are not qualities exclusive to women, but they are more common to humans who do not suffer from testosterone poisoning. And given the profusion of masculine bluster in our politics, the unseemly leap into silly wars and overambitious programs, these are qualities that may nudge us toward a less hypercaffeinated politics.

But wait a minute, you say: Didn't Hillary Clinton leap into silly wars in Iraq and Libya; didn't she try to push an ill-conceived, unnegotiated health care plan through an unwilling Congress in 1994? Doesn't she say blustery things like "basket of deplorables" and "vast right-wing conspiracy"? Yes, and she's gotten her head handed to her every time, which is where her other significant quality as a candidate comes in: experience. The fact that she's been around for 30 years is derided as "more of the same," but it isn't—in fact, it's a radical departure from the past three Presidents. Bill Clinton, George W. Bush and Barack Obama came to Washington as newbies, and suffered as a result. Hillary Clinton had a ringside seat as her husband struggled to pass a budget plan with exclusively Democratic votes in 1993, and she saw what happened when she tried to pass a health plan without negotiating with her opponents. She has grown more seasoned, more willing to compromise, over time, as a Senator and Secretary of State.

THIS HAS BEEN a presidential election about deficiencies rather than strengths. Trump's deficiencies are overwhelming; Clinton's are not inconsiderable. We've learned more about her awkward secrecy than about her lists of proposals. Some of those proposals are Democratic boilerplate; many of them depend on a faith in government that most Americans no longer share. It remains an open question how much of her imprudent overseas activism remains.

This is also said to be an election about "change," with Trump the superficial agent of disruption. People are said to be sick of politics as usual. But when you think about it, having an intellectually mature and experienced President would be a seismic shift away from the long run of "outsiders" in the Oval Office.

And guys, if you don't believe that having a female President would be a dramatic rupture from male governance, well, your wives probably have a list of reasons why it would. ◻

THE WOMAN CARD

15
Average number of percentage points by which Clinton currently leads Trump with female voters, according to an analysis by fivethirtyeight.com; she trails Trump by 5 points with men

458
Estimated number of electoral votes Clinton would win—vs. Trump's 80—if only women went to the polls on Election Day

GETTY IMAGES

The Pros

They've covered the stories, explained the complicated issues and been a reassuring voice during tough times. They are the Pros. The newsroom is their home. They guide us through the events of our lives. We feel like we know them. And after all we've been through together . . . we do.

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IN PARTNERSHIP WITH NADA

DRIVEN TO DO THE RIGHT THING

Local car dealerships are transforming the auto industry through charity and transparent processes

UNLESS YOU'RE LOOKING FOR A NEW CAR, you probably don't think much about that long row of gleaming car dealerships in your hometown as you drive past them. >>> Yet those bright showrooms and expansive lots are huge contributors to the local economy and local charities. Last year, according to the National Automobile Dealers Association (NADA), the 17,000 dealers in the U.S. employed more than 1.1 million people, up 4.3% from 2014. The annual payroll increase was almost double that number, up 8% to $62.8 billion, resulting in more than $20 billion in personal tax revenue. >>>

In most cases, the dealerships are locally owned and operated small businesses. "They are rooted in their communities and jobs that average more than $69,000 in compensation—across jobs, with opportunities for advancement—in many cases even without a college degree," says Jonathan Collegio, NADA's senior vice president of public affairs. "Local communities may see big companies and retailers come and go, but dealership roots run deep."

LAST YEAR, ACCORDING TO THE NATIONAL AUTOMOBILE DEALERS ASSOCIATION, THE 17,000 DEALERS IN THE U.S. EMPLOYED MORE THAN 1.1 MILLION PEOPLE, UP 4.3% FROM 2014.

Which is why they want to make their communities better, too. The owners of new-car dealerships typically contribute generously to a wide array of local charities. In fact, that's a major factor in the selection of the TIME Dealer of the Year (see sidebar), which is sponsored by Ally. Not only must the dealer be successful, but must also show a deep commitment to improving his or her community. According to a recent survey from NADA and Ally, 70% of dealers plan to increase their charitable

GETTY IMAGES / MASKOT

HERE'S TO THE DEALERS DOING IT RIGHT.

MIKE WHATLEY • RICK CAVENDER • KENDALL LOWE HAMILTON • CARL MOYER • JOEY HUANG

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JIM FALK • AARON FELDMAN • BRYAN GAULT • BILL HELLMAN, JR. • EMMETT HORGAN • ROBERT "SANDY" SANSING

KEITH HUDSON • JOHN IVERSON • MICHAEL JOHNSON • GARY JOHNSON • YOGI VOWELL

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TIM MAGUIRE • RALPH MASTANTUONO • NORTH MCARTHUR • BUTCH MILLER • GAN NUNNALLY

GREG TAYLOR • WILLIAM UNDERRINER • MIKE MINNICK • DAVID ELLIS • DAVID WILLIAMS, JR.

JOHN J. QUIRK • CHARLES RUWART III • PAUL SABATINI • JOEL SIREK • JED SMITH • CARL SWOPE

The 2017 TIME Dealer of the Year nominees make improving their communities and helping those in need a priority. Their dedication to doing right by others encourages those around them to do the same. From all of us at Ally, we congratulate them on their nominations.

TIME DEALER OF THE YEAR
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giving, which includes donating or loaning about $4.5 million worth of vehicles for charitable causes.

NADA's Charitable Foundation has contributed more than $13 million to various causes since its founding in 1975. The foundation is committed to preserving and promoting private enterprise and personal mobility by supporting emergency medical care organizations and higher education. Its contributions go to scholarships as well as to emergency assistance for dealership employees after natural disasters: for instance, 2.6 million people have been trained in cardiopulmonary resuscitation, 8,700 dealership employees have received aid from its relief fund, and 120 spouses and children of victims of 9/11 have received scholarship grants. Another of the foundation's notable charities is Canine Companions for Independence, a pioneering program in training dogs to assist people with disabilities. Thanks to $250,000 in contributions, 25 service dogs are now with disabled children or wounded warriors.

NADA'S CHARITABLE FOUNDATION HAS CONTRIBUTED MORE THAN $13 MILLION TO VARIOUS CAUSES SINCE ITS FOUNDING IN 1975.

ONLINE RESEARCH PROMOTES TRANSPARENCY

If you're in the market for a new car, there's no better place to purchase one than your local dealership. "When same-brand dealerships compete for customers' business, prices go down, often significantly," says NADA's Collegio. "Research has shown that this price competition by local dealerships saves consumers, on average, about $500 on the price of a new car—a huge benefit for any consumer purchasing a new car or truck."

That process is also more transparent and efficient than ever. According to the 2016 Autotrader KBB Car Buyer Journey Study, the average customer now spends about 12 hours researching a vehicle before walking into a dealership. Compare this with five years ago, when buyers traveled to eight dealerships to gather information before deciding which one to purchase from. Today, buyers visit just one

Rising Through the Ranks

AS THE DAUGHTER OF A CAR DEALER who dreamed of winning the TIME Dealer of the Year Award but never did, Mary Catherine "Kitty" Van Bortel is all too familiar with what the prize means to people in the industry. Recipients are among the nation's most successful auto dealers who also demonstrate a long-standing commitment to community service.

"I always thought if I could become TIME Dealer of the Year, that would really prove to my dad that I had made it," she says.

Has she ever. Although her father owned 17 franchises at one time in her hometown of Rochester, N.Y., she had to start out on her own in the mid-'70s at another dealership (despite opposition over her hiring), because her father didn't believe it was a business for women. Van Bortel went on to become the top salesperson before becoming sales manager at a Mercedes-Benz/BMW franchise. She then opened a used-car lot in the front yard of her rented house. A bit unorthodox, perhaps, but it was the first step to owning her own dealership. Van Bortel Subaru opened in 1991 and became the largest-volume Subaru dealership in the nation within seven years. She also co-owns Chevrolet and Ford dealerships with her brother.

"I had a relentless drive to prove that a woman could get to the top in this business," she says. "It's not really about selling iron or servicing iron. It's really more about helping the human behind the iron."

Her father became very supportive of her career choice long ago, but he passed away five years ago, so he wasn't at the 99th annual National Automobile Dealers Association convention in Las Vegas in April when TIME publisher Meredith Long and Tim Russi, president of Auto Finance for Ally, announced her name. "My dad would just be so thrilled for me," says Van Bortel, a nine-year breast cancer survivor who is a major contributor to the Breast Cancer Coalition of Rochester. "The award truly is a validation of my life's work because I have spent my life not only giving back in terms of community but also really trying to make a difference in people's lives in the car business."

TIME Dealer of the Year award winner Mary Catherine "Kitty" Van Bortel

TIME DEALER OF THE YEAR
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Go Further

dealership, which means they've zeroed in on their choice of model, dealer and payment online before they've even set foot in a dealership. In some cases, they've even test-driven the car virtually.

"The transparency that the online experience has created has really revolutionized what's happening in the business," says Andrea Riley, Ally's chief marketing officer. "It's forced change both on the dealer side and on our side in terms of the kind of information that we provide to the consumer."

To that end, Ally pushes out a lot of information through social media on leasing versus buying, the right car options, vehicle-service contracts, online applications, inventory at different dealerships and much more. "We're an advocate for the customer because dealers want customers who are very well researched and knowledgeable when they walk in the door," adds Riley. "They can come in and the experience is seamless. The transaction is quick and efficient, and they're matched with the right vehicle at the right price point for the right amount of financing that they truly qualify for."

Ally's history with the auto industry dates back almost 100 years. Its auto finance division supplies loans to consumers directly through the dealer; it also finances the cars on the lots at 4,000 dealerships nationwide, amounting to a $30 billion slice of the $120 billion pie.

"The reason we're still around as a leader in the industry is that quality and the culture of being a relentless ally," says Tim Russi, president of Ally's auto finance division. "We have worked our way through many different cycles, many difficult and good times, both from a consumer and a dealer perspective."

"THE TRANSPARENCY THAT THE ONLINE EXPERIENCE HAS CREATED HAS REALLY REVOLUTIONIZED WHAT'S HAPPENING IN THE BUSINESS."

— ANDREA RILEY, CMO, ALLY

New-car dealerships are clearly headed in the right direction as far as consumers are concerned. Research by J.D. Power shows that 80% of people who have purchased cars in the last year rate the car-buying experience as excellent. "The dealership experience today is vastly different and better than it was 20 or even 10 years ago," says Collegio of NADA. "Pricing is available online, facilities are modern. For folks purchasing a car today, local dealerships are exceeding expectations time after time."

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Displaced Iraqis arrive at a refugee camp in Qayyarah, south of Mosul, on Oct. 22

World

Iraq takes on ISIS

The battle for Mosul begins—and fractured Iraqi forces will have to pay for every inch

By Jared Malsin/
Tiskharab Saghir, Iraq

PHOTOGRAPH BY BULENT KILIC

A long convoy winds down the mountain, the vehicles rumbling over a dirt track. The trucks and jeeps carry Iraqi Kurdish fighters clutching assault rifles as they head into battle. Straight ahead, a towering black plume rises from the ISIS-held city of Mosul, a smoke screen designed to block the vision of coalition warplanes bombing from the air.

This is the fourth day of the Iraqi-led offensive to reclaim Mosul, a city of about 1 million people and the jewel of the Islamic State's self-proclaimed caliphate. It is the most significant battle in more than two years of international fighting against ISIS, which emerged after years of Sunni militancy in Iraq and chaos in Syria to seize huge portions of both countries in 2014 and displace al-Qaeda as the world's most pressing terror threat. The Kurdish convoy is part of a three-pronged attack aimed at seizing a layer of villages east of Mosul, one of several maneuvers meant to set the stage for the main assault on the city, weeks or even months hence.

Leading one platoon is Tania Hassan, a 26-year-old lieutenant. As he awaits the order to advance, he steps out of his armored SUV and sits cross-legged on the ground, smoking a cigarette and twisting a piece of dry grass with his fingers. Hassan's unit comes from one of the more professional branches of the Iraqi Kurdish militias known as *peshmerga,* or "those who face death." His troops are trained by the U.S.-led coalition against ISIS. But he has a sober view of the battle ahead. "It won't be easy. Everywhere is a trap," he says. "Everywhere there are IEDs," or improvised explosive devices, the bombs that killed thousands of U.S. troops during the occupation of Iraq that helped give rise to ISIS. "This is a main organ in ISIS's body. Raqqa is the heart, but Mosul is no less important."

Hassan climbs back in his SUV and the convoy lumbers forward once more before arriving on a ridge overlooking the battlefield, located in the village of Tiskharab Saghir, which sits on the eastern outskirts of Mosul. On the flat ground below, Kurdish fighters in humvees trade fire with ISIS fighters in the houses, the machine guns and rifles producing a steady crackle punctuated by the occasional roar of mortars and tank fire. After three hours of fighting, a vehicle rumbles out of the village: an ISIS suicide car bomber. Up on the ridge, members of Hassan's unit erupt into a frenzy, running and shouting, Take it out! On the flat ground, Kurdish troops train a powerful machine gun on the car, detonating it with a blast. A couple of hours later, Hassan's unit pushes across the field into the village. Although they gained a foothold, Hassan grimaces. The ISIS militants are digging in, and his unit is taking casualties. "We're back to square one," he says, clutching a walkie-talkie.

ISIS SEIZED MOSUL, Iraq's second largest city, when the Sunni jihadist group swept across the country in a lightning offensive in June 2014. The Iraqi military, which the U.S. had spent years and billions of dollars trying to forge into an effective fighting force, melted away in the face of about 2,000 jihadists. And while the loss of Mosul was a military fiasco, it also demonstrated the potentially fatal political weakness of post-occupation Iraq. A series of Shi'ite-led governments in Baghdad alienated enough of Iraq's Sunni Arab public that ISIS, despite its reputation for barbarity, managed to win a degree of support in largely Sunni cities like Mosul. Now, more than two years later, the fight to reclaim the city offers a critical test of the Iraqi state's capacity to reclaim, rebuild and govern this fractious country as a whole, despite the regional and sectarian divisions that have plagued it since the fall of Saddam Hussein.

The military coalition now making slow progress toward Mosul reflects those divisions. Leading the battle is Iraq's regular army, still smarting from its ignominious retreat from Mosul. It is joined by a motley of Kurdish militias that answer to the semiautonomous Kurdish Regional Government, based in the city of Erbil, just 50 miles east of Mosul, where the Kurds dream of independence. There are also Shi'ite-led militias that rose to prominence in the wake of the military's collapse in 2014, creating a bulwark against ISIS but alarming non-Shi'ites who fear they will be the target of sectarian violence. The campaign as a whole is backed, tacitly or otherwise, by the U.S.-led international coalition against ISIS, which brings expertise, airpower and more than 5,000 U.S. troops on the ground.

Arrayed against the Iraqi forces are the cadres of the Islamic State, which is fighting to prevent the collapse of its once vast realm in Iraq and Syria. Over the past two years, the Iraqi military has driven ISIS out of its other key strongholds in Iraq, retaking the cities of Tikrit, Ramadi and Fallujah. In Syria, Kurdish militias and Turkish-backed rebels are seizing chunks of ISIS territory, on the way to an eventual offensive against the group's de facto capital in the city of Raqqa. "The Iraqis are fighting with skill and commitment

Marching toward ISIS-held Mosul on Oct. 19, Iraqi soldiers watch fires in nearby Qayarrah

and courage, enabled by the coalition," U.S. Defense Secretary Ash Carter said on Oct. 25, following a meeting in Paris with anti-ISIS allies after a quick tour of Iraq. "And today, we as members of the coalition resolved to follow through with that same sense of urgency and focus on enveloping and collapsing [ISIS's] control over Raqqa as well."

But Mosul is special to ISIS—it was from the pulpit of the city's Great Mosque that its commander, Abu Bakr al-Baghdadi, made his first sermon after the group declared the founding of a worldwide caliphate, in a moment captured in a video released on July 5, 2014. So ISIS will dig in and ISIS will fight. In areas retaken by the coalition during the early days of the offensive, Iraqi and Kurdish troops uncovered an elaborate network of tunnels that provided shelter from U.S. air raids and a hiding place from which to launch surprise attacks. Retreating ISIS fighters also left behind hundreds, if not thousands, of improvised bombs, rendering most of the once occupied villages unlivable even after liberation. In the desert south of Mosul, they set fire to oil fields and blew up a sulfur plant, sending poisonous clouds of thick smoke and acrid gas that blot out the sun and burn the lungs. Even though ISIS has withdrawn from some areas surrounding Mosul, it launched at least two counterattacks, one in the town of Rutba and another in Kirkuk.

The assault on Kirkuk, an oil-rich city of about 850,000, was particularly unnerving. On Oct. 21 about a hundred ISIS gunmen stealthily arrived wielding assault rifles, rocket-propelled grenades and explosive belts. They killed at least 99 civilians and security forces over two days of fighting. With dozens of gunmen and multiple targets, the assault in some ways mirrored the terrorist attack on Paris in November 2015, writ large. It also demonstrated that ISIS is far from

PREVIOUS PAGES: AFP—GETTY IMAGES; THESE PAGES: YASIN AKGUL/AFP/GETTY IMAGES

finished as a fighting force. Even as it mounted the largest and most complex defense of a city in its short history—and after absorbing two years of U.S.-led airstrikes—ISIS still had the soldiers and resources to stage a major attack 100 miles southeast of Mosul, sowing chaos and fear among civilians far behind the front lines. The operation also appeared designed to exploit the tensions within the anti-ISIS alliance by striking a diverse city claimed by both Baghdad and the Kurdish government. The attack may further inflame sectarian tensions in a country where ordinary Sunni Arabs are often suspected of sympathizing with ISIS.

ON THE BATTLEFIELD, ISIS has effectively slowed the offensive, making Iraqi troops pay for every inch of territory. On the fronts around Mosul, the jihadists have deployed snipers, improvised bombs and waves upon waves of suicide bombers. Their preferred variant of the suicide bomb is the so-called vehicle-born improvised explosive device—VBIED in military parlance, suicide car bomb to everyone else. On Oct. 20 alone, Iraqi special-operations forces fighting their way into the town of Bartella, on the main road from Erbil into Mosul, encountered 15 separate car or truck bombs. Two of the vehicles were destroyed by airstrikes, the other 13 by troops on the ground. They also encountered more than 50 IEDs likely laid by ISIS troops, while a single sniper wounded four men.

"We saw the ISIS snipers, and they're not fleeing. They're fighting. They're resisting strongly," says Colonel Falah Fadel Jasem, commander of the troops who seized Bartella. "They've been planning for this war."

Jasem's unit is part of Iraq's Counter Terrorism Service, known as the Golden Division, a force that smashed its way through a series of ISIS strongholds earlier this year. The elite troops rolled into the Mosul area a day earlier in a convoy of humvees and massive mine-resistant vehicles. They established a temporary headquarters in Sheikh Amir, a tiny abandoned village on the Erbil-Mosul road, which was recently liberated by the *peshmerga*. When they arrived, the unit set up a command center and a field hospital in a pair of houses. The troops blared music, dancing on top of the vehicles and mugging for a television crew that turned up to document their arrival.

Most of those soldiers moved out within a matter of hours, pressing west into Bartella, a traditionally Christian community and the last town of any size before the outskirts of Mosul proper. The medics and support crew stayed behind in the bombed-out village, occupying an abandoned ISIS outpost. The jihadists had left behind signs of their presence, including an underground tunnel with two entrances, one in an open area near the main road, and one inside a house. Metal braces reinforced its walls and whole rooms were lined with thick white plastic—this tunnel had been the product of weeks of work. Inside the fighters had stashed canned goods and dozens of jugs of water. The underground shelter also appeared to have been used recently, with boxes of uneaten tomatoes and clothes strewn about the floor.

The ISIS fighters also left behind documents: Qurans and other religious books, newspapers containing updates on battles across the region. There was also a single page titled in Arabic, "Orders that must be carried out," issued in February 2016 according to the Islamic calendar and signed by "Major General Jaffar al-Tayyar, the Emir." The document gave the soldiers 12 bullet-pointed instructions: stockpile rations for a month, avoid gathering in the open, where they could draw the attention of airstrikes. In addition, "each station must have a solar cell for charging devices." Some of the general's instructions are bafflingly mundane. He orders the troops to have a generator and a stockpile of fuel on hand. He reminds them to pray.

The extent of the militant infrastructure in the village was an ominous indication for the battles to come. If ISIS is willing to put the time and care into digging such an elaborate tunnel in this tiny speck of a village, what is it planning in a major city like Mosul?

IN THE MIDDLE of the afternoon on Oct. 21, an ambulance barrels up the road to Sheikh Amir from the direction of Mosul, followed by a pickup truck. The ambulance doors burst open and medics carry out two wounded soldiers, one screaming in pain from burns on his face and limbs. They lay the severely wounded man on the tile floor outside the field hospital and start to bandage him. Another group of men, moving slower, carry a body wrapped in a blanket off the truck, setting it down on the ground nearby. They pull back the blanket to reveal a man in a brown jumpsuit, his left shoulder soaked with blood. The soldier had been driving a tank sent to cut the supply line from Mosul into Bartella, and ISIS attacked using an exploding humvee. A medical officer empties the dead man's pockets: cigarettes, a phone, an ID card. Minutes later the men zip the body into a black bag. It is the platoon's first death in the Mosul campaign.

Nearby the burned man is convulsing. "Please, can you tell me I'll open my eyes again?" he wails. "My body is burning!" The field hospital is run by an energetic and slightly paunchy physician named Ahmed Hussein, 37, who speaks American-accented English from years of working alongside U.S. troops. Hussein tends to the wounded soldier. "My love, you'll be O.K.," he says in Arabic. They finish bandaging him and pack him back into the ambulance alongside the body in the bag. His wounds are too severe, the doctor says. He'll be taken to a hospital at an American-run base.

A dour silence falls over the encampment. The Golden Division soldiers have already lost many of their comrades fighting ISIS elsewhere in Iraq, and each of these men knows they could be next. But soon Hussein is flipping through his phone again, showing me pictures of his daughters and cat. (Hussein's daughters

Kurdish forces inspect a tunnel on Oct. 18 in a house abandoned by ISIS fighters on the outskirts of Mosul

MAGNUS WENNMAN—AFTONBLADET/REX/SHUTTERSTOCK

are in Baghdad, while the cat—which the doctor tried to bring with him into the field, along with 120 packs of cigarettes—had to be left behind in Camp Speicher, a major military base near Tikrit.) After an hour, a truck arrives carrying the evening meal: a greasy pile of ground meat, vegetables and fries served in Styrofoam boxes. The soldiers lay down mats over the blood smeared on the floor, the same floor where they treated their comrade. They sit and tuck in to the food. "We try not to get depressed," says one soldier. "Of course we're worried, but we can't get depressed. We have to go on."

As more soldiers come in from the fighting, the story of the battle starts to filter out. After spending the night on Oct. 21 in Bartella, Golden Division troops say they were attacked with mortars. One wounded soldier interviewed in the field hospital was convinced that the ISIS fighters were popping out of tunnels to ambush them. "We expected it would go much faster," says Golden Division soldier Althear Mohamed Obaid, 31. "The information we got was that there were no fighters inside."

Iraqi and Kurdish troops are doing most of the fighting and dying here, but the thousands of U.S. soldiers on the ground in Iraq are coming increasingly close to combat. Oct. 20 saw the first American service member lost in the battle for Mosul—U.S. Navy Chief Petty Officer Jason Finan, a bomb-disposal expert, who was killed by an IED explosion while retreating in an armored vehicle under ISIS attack. Finan was the fourth American killed in action in the two-year-old war on ISIS, and his death was another demonstration of just how deeply involved the U.S. remains in Iraq. "The closer they get to Mosul, the harder it will be," said Army Major General Gary Volesky, the top U.S. ground commander in Iraq, speaking in a press briefing on Oct. 19. "But make no doubt, the Iraqi security forces have the momentum, and they know it. And so they are as motivated to get to Mosul as we are to help them get there."

Few military experts doubt that Mosul will fall, sooner or later. When it does, Iraq will be faced with the even bigger challenge of picking up the pieces, which includes the hundreds of thousands of Iraqis forced out by ISIS, who are just now beginning to come home.

On Oct. 25, some of the first returnees arrived at a camp not far from Sheikh Amir, where the Golden Division outpost had been. The Iraqi military had retaken the village of Topzawa, on the eastern outskirts of Mosul, ordering the residents to leave while they cleared the town of explosives and any militants left in hiding. Groups of mainly women and children filed off the first buses, some of them into the arms of family members they had not seen for more than two years. They smiled with elation. They broke down and cried as they embraced cousins, uncles, spouses. And they looked fearful as *peshmerga* troops escorted them into a holding area surrounded by a chain-link fence.

They returnees described life under ISIS: dreariness—no smoking, no cell phones—punctuated by terror. But that, at least, was behind them. Noureddine Shamseddine Shahoud, 27, a man from the village who fled when ISIS took over, was in the camp to see his wife and children for the first time in years. "Life starts now," he said. —*With reporting by* MARK THOMPSON/WASHINGTON

AFTER LIFE

THE PIONEERS OF PRESIDENT OBAMA'S CLEMENCY CAMPAIGN

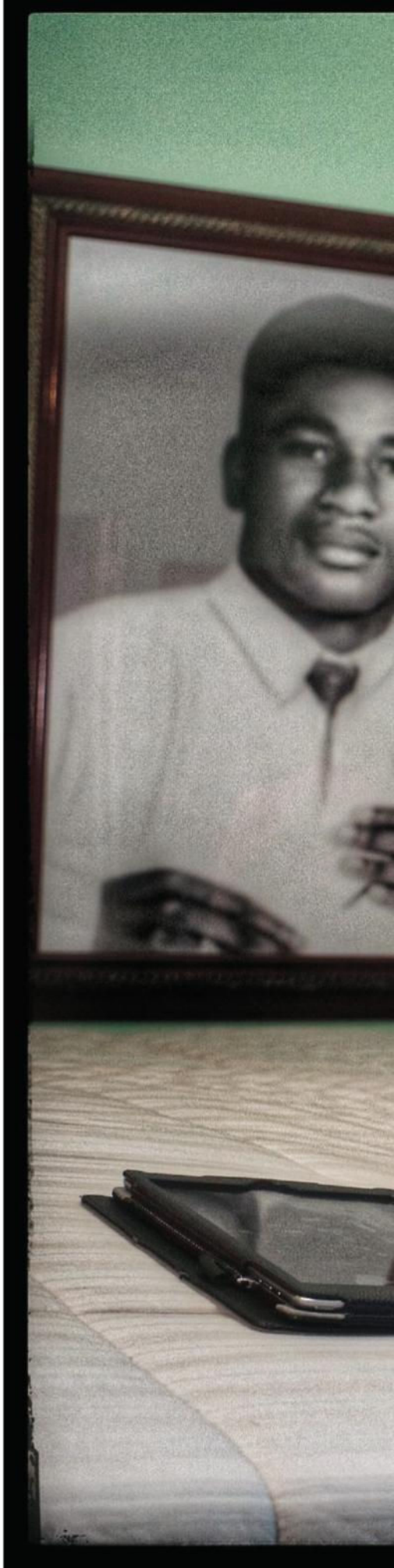
By Maya Rhodan

BEFORE CLARENCE AARON WAS SENTENCED TO LIFE IN PRISON FOR charges related to crack cocaine, he was a 23-year-old linebacker at Southern University at Baton Rouge. Strapped for cash, he decided to make extra money by introducing two sets of friends who were both in the drug business. For this, Aaron was paid $1,500. He never got involved with weapons or violence, and he says he never handled the drugs himself. But each of his co-conspirators testified against him, pinning 24 kg—more than 50 lb.—of cocaine on the former Boy Scout. Federal sentencing guidelines for drugs were extremely harsh in the 1990s, and Aaron was sentenced to three concurrent life sentences, far more time than anyone else involved.

"Prison is a very gloomy, bad place. In order for you to survive in there, you have to elevate above the situation that you're in," he says. "The first thing I did was get a job." He took classes in economics and religion, earned a computer-programming certification and eventually served in the highest inmate-occupied position in the prison's textile factory. When he was transferred to a lower-security facility in Alabama, he was a leader in a prison factory that produces uniforms for the U.S. military.

Aaron was supposed to die in prison, but a decision by President Obama made it so that he did not have to. On Dec. 19, 2013, Aaron and seven other nonviolent drug offenders found out their sentences were commuted. For the Obama Administration, Aaron's case was a clear example of the human cost of the harsh laws of the war-on-drugs era, particularly for citizens of color. Obama has since shortened the sentences of 774 prisoners, more than the past 10 Presidents combined, and pushed for legislation that would reduce the prison population by 17,000 between 2017 and 2021. The moves were intended to close a chapter of American history that overcrowded prisons and tattered the social fabric of urban communities. But for the individuals, release into society is one step, albeit a big one, in a lengthy struggle to readjust.

Last spring Attorney General Loretta Lynch visited Mobile, Ala., where Aaron now lives, to discuss the challenges of re-entry. She invited the former inmate, now 47, to offer the perspective of former prisoners. Aaron related a story of hope hedged with continued hardships. Just getting out, he said, wasn't a silver bullet. Returning citizens need jobs,



NAME: Clarence Aaron
TIME SERVED: 21 years
POST-RELEASE: Aaron, seen here at his mother's home in Mobile, Ala., says his life is still in a state of transition two years after his release

PHOTOGRAPH BY RADCLIFFE ROYE FOR TIME

he said. "I'm not asking nobody to give me nothing. I want to earn everything I get," Aaron said, leaning on the wooden lectern for support. "It's just about an opportunity."

Aaron had been working 14 hours a day, six days a week, at a restaurant owned by a friend. He has since cut that in half so he'll have more time to focus on finding something better. He's applied for a handful of jobs but has yet to hear back on any of them. "I don't know if it's that people look at you as incarcerated, convicted felon or what," he says. "I'm just having an issue with that right now. It's a continued uphill fight."

NAME: Billy Ray Wheelock
TIME SERVED: 21 years
POST-RELEASE: Two days after his release, Wheelock, now 53, married a woman he met online while behind bars; they live together in Denver

THREE YEARS ON, life is a mixed bag for the low-level nonviolent drug offenders Obama freed at the start of his second term. TIME spoke to six of the original eight over the course of the summer—one didn't wish to be included, and another could not be reached—to get a sense of what is in store for the hundreds of others who have the President to thank for their release. After decades of being away, two live on their own, two live with partners and two live with parents. Their median age is 46. Reconnecting with family was easy for some. For others, children still struggle with having an absent parent back at home.

Most juggle part-time work to make ends meet, but breaking out of low-wage jobs has not been easy. Yet for all the challenges, spirits are high. Life outside prison definitely beats the alternative. They keep in touch, not just with each other but also with friends they met behind bars. Through Facebook groups and email chains conversations happen among like-minded folks whose circumstances can be fully understood only by others who have experienced them.

That's actually a lot of people. Each year, about 600,000 prisoners are released from state and federal prisons. At the federal level, only about 2.5% of current prisoners are locked up for life, meaning nearly every person behind bars right now will eventually get out. For returning citizens, some challenges are all too apparent—landlords who won't rent to former felons, schedule restrictions placed by parole officers. But others are more subtle, and in many ways more difficult to address.

After decades behind bars, everyday behaviors that others learn without even realizing it—like ordering at a fast-food joint or figuring out how to work a TV remote—can prove challenging. Family dynamics change. Some relatives have passed away. Others harbor guilt toward their incarcerated moms, dads, brothers, sons, daughters. And many former prisoners say they live in constant fear that their past incarceration—the third or more of their lives lived under federal supervision—is obvious to every casual observer. "There's so much catching up to do when people have spent decades behind bars, and then somehow we expect them to assimilate," says Julie Stewart of Families Against Mandatory Minimums, a Washington-based organization that has advocated for executive clemency.

For some, that adjustment proves too difficult. A recent U.S. Sentencing Commission study found that almost half of the federal prisoners released in 2005 were rearrested after eight years, and a quarter ended up back behind bars. But in some ways demography really may be destiny, and crime remains largely a young person's game. The longer you're behind bars and the older you are at sentencing and release, the less likely you are to go back. Another Sentencing Commission report—focused solely on crack-cocaine offenders who were released early—found that those offenders were no more likely to recidivate than other prisoners.

There are barriers for returning citizens of all ages in the free world too, known as "collateral consequences." These are the rules that bar former offenders from obtaining professional licenses and securing housing and, in some cases, food benefits. For someone convicted of a drug offense, there are at least 50 federal collateral consequences, according to an American Bar Association database, though they vary by state. For example, Alabama, where Aaron lives, bars former prisoners from working or volunteering in child care or at an adult-care facility, and it can be difficult for former prisoners to obtain an athletic-training license. "People do find jobs—it's not as if they don't work," says Steven Raphael, a public-policy professor at the University of California, Berkeley. "It's more an issue of how the opportunity set that they're selecting from is shaped."

The Obama Administration has taken steps to address barriers to re-entry. "Right now the deck is stacked against people being able to successfully stay out," says White House senior adviser Valerie Jarrett. "So while they're in prison let's give them the tools that they need, and when they're released from prison let's ensure that we give them a job, that they have a place they can live." Last spring the Administration made obtaining an ID easier for former prisoners, expanded their medical coverage and banned questions about arrest histories on

NAME: Jason Hernandez
TIME SERVED: 16 years
POST-RELEASE: At 41, Hernandez is a recent high school graduate and justice-reform activist

NAME: Reynolds Wintersmith
TIME SERVED: 20 years
POST-RELEASE: Wintersmith, 42, works as a counselor at a charter school on Chicago's West Side

FROM LEFT: ANDY CROSS—THE DENVER POST/GETTY IMAGES; CAN TURKYILMAZ; NANCY STONE—CHICAGO TRIBUNE/NEWSCOM

preliminary applications for federal jobs.

At the start of Obama's final year in office, there was hope that federal criminal-justice reform would finally pass Congress. The proposed bills would make retroactive the 2010 reductions to federal sentencing guidelines on crack cocaine, reduce mandatory-minimum sentences for low-level drug crimes and remove some barriers to re-entry. But momentum has slowed. Donald Trump cast himself as the "law and order" presidential candidate as violent crime ticked upward in some major cities. House Speaker Paul Ryan has signaled interest in carrying criminal-justice reform over the finish line in the lame-duck session, but he could face an obstacle in the form of Senate majority leader Mitch McConnell.

BECAUSE HELEN ALEXANDER GRAY lives in a small town, everywhere she turns, someone recognizes her as the woman who went to prison. "They don't come up directly to me," she said in a phone call from her hometown of Ty Ty, Ga. (pop. 727), about 90 miles north of Tallahassee, Fla. "They will say, 'That lady right there, she went to federal prison.' I hear them, but I pretend I don't."

Gray was a 40-year-old homeowner when her boyfriend's drug dealing landed her with a 20-year prison sentence in 1996. She claims she never actively sold or did drugs, but when her boyfriend and his co-conspirator went down for crack cocaine, she did too. Gray held a job her entire time behind bars and ultimately earned a commercial driver's license. Because she was freed early, Gray celebrated her 60th birthday with family and friends in late July. She counts herself fortunate to have a house waiting for her—even though the floors were rotting out and her closets of clothes reeked of mildew and decay. "I don't know what I'd do about paying rent," she says.

The size of Ty Ty has made her job hunt difficult. The places that typically hire former inmates, she says, are miles away. Working in a hospital or driving a school bus are out of the question. Likewise, working for a courier service; lifting boxes would strain her back. "It's very hard for a person like me in a small town to get a good job," she says. "I had a decent education when I went to prison. I had good jobs when I went to prison. But when I came back, with those same skills, I haven't had the same opportunity." For now, Gray drives tractor trailers with a childhood friend when he has extra work, but that's about it. She relies on her two sons, ages 35 and 38, for help with bills.

To keep her spirits up, Gray keeps in contact with a group of women she bonded with in prison, each of whom are experiencing different iterations of the same story. Their bond is more familiar than friendly, she says. Sometimes, on the phone, they revel over no longer being behind bars. Other times, they swap stories about their challenges via email. "Prison is not an easy ride, can't nobody describe prison to you until you go there and stand in those shoes," Gray says. The same can be said for re-entry.

Jason Hernandez still wakes up at 5:30 every morning, not far from the time he'd rise for breakfast in the prison mess hall at FCI El Reno. But now he controls what he eats for his first square meal of the day, and his mother is often the cook. When he was younger, he was a well-known drug dealer in McKinney, Texas, learning the ropes from his brother J.J., who introduced him to the streets at age 15. When J.J.'s drug dealing and addiction landed him behind bars, Hernandez took the reins, supplying marijuana and eventually dealing cocaine and crack. By age 21, Hernandez had joined his brother in prison with a life sentence and no possibility of parole, leaving behind a young son. Life, he says, was like that in *Groundhog Day:* every day was more or less the same.

These days Hernandez lives with his parents, and life is flexible as well as routine. This summer, at age 41, he graduated from high school. He works part time as a welder, a skill he picked up in prison. He got the position because he took his clemency letter to job interviews as a reference. After all, who would turn down a guy the President vouched for? The bulk of his free time is spent on advocacy work. He works with activist

organizations and colleges on prison-related projects and is a youth-outreach coordinator for a Texas-based substance-abuse recovery program.

When Hernandez was locked up, he and his brother launched a website called Crack Open the Door aimed at helping other nonviolent lifers seek justice. A few of the prisoners profiled on his site have already received executive clemency. But the names of others whose stories mirror his he recites from memory: Michael Holmes, Altonio O'Shea Douglas and Eva Palma Atencio. His work has paid off. Recently, Obama commuted the sentence of Josephine Ledezma, for whom Hernandez filed the petition for clemency.

For now, Hernandez says, his social life is nonexistent and dating is out of the question. "I can't get into a relationship and have another kid," he says. "I can't give dedication to family and work." Plus, how would he introduce himself and his life's work without having to explain how and why he became a criminal-justice crusader? He goes through a sample ice-breaker over the phone, in which he introduces himself and is subsequently asked what he does for a living. Bam, right into a discussion about how he spent 17 years in prison. "Whoa, who'd you kill?" is a response he's gotten before. But as much as he considers his status as a formerly incarcerated person a black mark, he doesn't want to lose sight of it. "No matter what I do, I'm an ex-felon," Hernandez says. "But that's O.K. That's what drives me. I don't want to forget that."

THERE'S A PECULIAR FEELING ex-prisoners get when they move freely about society, a tinge of anxiety many say they've felt walking down the street or driving home from the store. When Billy Ray Wheelock walks down a street, he is often aware of the people approaching behind him, a habit he picked up after two decades behind bars. But Wheelock, who was convicted of intending to distribute 50 g of crack, doesn't live with regret. "It's been over two years now. I haven't had one bad day," says Wheelock, who celebrated his 2014 release from a federal halfway house by getting married to a woman, Berna, he met online while in prison. "I'd seen my hell for 21 years. Every day I'm in heaven."

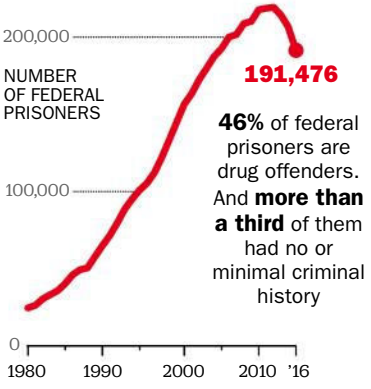
That's not to say Wheelock's life is without challenges. Earlier this year Berna was diagnosed with colon cancer. Her illness left her unable to work, leaving Wheelock, 53, as the primary breadwinner. (She recently had her last chemotherapy session.) Wheelock takes great pride in the work he does as a line cook and dishwasher in chain hotels and as an HVAC repairman around Denver. For a while, he says, he was so popular at his temp agency that he was in "high demand." Now he's working full time as a cook at a local volleyball club and supervising other HVAC repairmen. He also works part time doing security at Denver Broncos games and other sporting events. And he's writing a book, titled *Faith Without a Date,* about his time behind bars and his belief that he would be released despite having been sentenced to life. "I'm not Mr. Perfect," he says. "I'm still trying to adjust to freedom and to life, but what defines you at the end of the day is your ability to keep moving forward."

When prisoners spend years behind bars, a lot changes. Technology evolves. Fashion shifts. Babies are born, and family members die. Hernandez's brother was killed in a Texas prison in 2002. He says that death awakened him to the dangers of conforming too much to life inside prison. Weeks before receiving the news of her commutation, Stephanie Yvette George was informed that her youngest son had been shot and killed. His death has complicated her efforts to rekindle her relationship with her surviving children. Soon after her release, she called her kids to arrange outings for lunch or dinner, but neither her son nor her daughter ever seemed to be free on the same day. When she finally confronted them about it, they said that when the three of them are together, the loss of their little brother, who was just 20, stings more.

"When they're around me, it brings back memories of him not being here with us," George says from her home in Pensacola, Fla. "It's getting better. It's not something that we can get over, but we're going to get through it." When George was younger, drug dealers were her type—men who would support her financially as long as she helped them sell drugs. When she was 23, she was put on probation after being caught on a porch

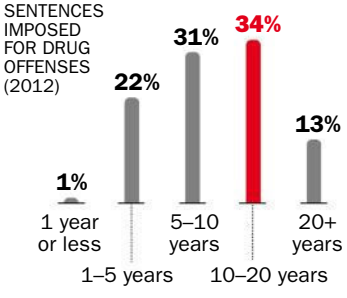
PRISONER POPULATION

There are 2.2 million Americans in prisons and local jails. President Obama is focused on releasing nonviolent federal prisoners, many of whom received long sentences for drug crimes



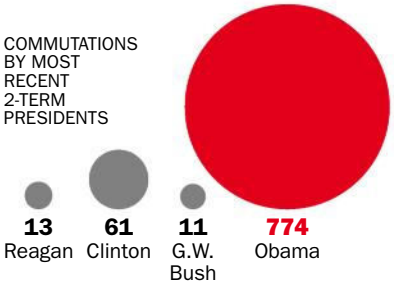
DRUG-OFFENDER SENTENCING

The average prison sentence for federal drug offenders is 11 years and 4 months



CLEMENCY COUNT

Obama has commuted 774 sentences during his presidency, including those of 266 individuals serving life sentences



SOURCES: DOJ; THE WHITE HOUSE

NAME: Stephanie Yvette George
TIME SERVED: 17 years
POST-RELEASE: George, 47, lives in Pensacola, Fla., her hometown, with her boyfriend. She was recently hired for a full-time position on an assembly line

next to a bag of drugs and confessing to arresting officers that she was carrying crack. Three years later, thanks to the help of confidential informants keeping tabs on her, police raided her home and found drugs, cash and paraphernalia. At age 26, she was sentenced to life in prison.

Her transition since being released hasn't been easy, but things are looking up for George. She was recently brought on as a full-time employee at a Hitachi Cable America, where she works on an assembly line building brake lines. The work is faster-paced than her previous job as a server at a buffet restaurant, where she worked only about 24 hours a week for $8.47 an hour. Now she works 10 hours a day for $10 an hour and is eligible for overtime, health benefits and a 401(k). After sending out as many job applications as she could, George seems to be inching toward what she has craved since her release. Although she still pays $5 a month to pay off a $3,000 loan she took out for beauty school before prison, she's doing O.K. "I'm comfortable paying my bills," George says. Compared with where she was, "I'm not really stressing."

FOR ALL THE DIFFICULTIES each of the former prisoners we spoke to have faced outside prison, they don't make a habit of complaining, knowing the alternative as well as they do. But while Aaron and Gray are still waiting for an opportunity to demonstrate their full potential in society, Reynolds Wintersmith got his chance not long after his release.

As a teen, Wintersmith worked for two weeks in a job in his hometown just outside of Chicago. He hoped to use the money to assist himself and his siblings, who'd been left to fend for themselves after their mother overdosed on drugs and their grandmother was sent to prison for cocaine trafficking. But the first check Wintersmith brought home was for $75, not enough to take care of his family. So he quit and sought out work on the streets. He sold drugs, got involved with a gang and soon joined its top ranks. At age 19, Wintersmith was sentenced to life in prison. When he was on trial, he realized he needed to take control of his life. He earned his GED before his first official day in prison.

His whole mind-set changed, Wintersmith says. He wanted to become a better person, and wasted no time doing it. When he was released at age 39, he took the same approach, using the skills he'd learned in prison to find a job working for a fashion designer in Chicago, a woman he met after she put on a fashion show at his halfway house during Black History Month. They bonded because she had a son in prison, also convicted of a drug crime, and the only way her son would be released from prison was via executive clemency. The sight of Wintersmith, free after being destined to die behind bars, gave her hope.

From there, Wintersmith networked in search of more meaningful work. He's now a counselor at a charter school on the city's West Side, helping disaffected youth stay on the right track. "When I was incarcerated, I never stopped believing that I was going to get out of prison," he says. "I would die in a prison cell before I stopped believing that I was going to get out of one."

The drive he brought to redefining his life, both inside and outside prison, serves as a lesson in the importance of self-control, he says. Early on a summer evening, as a community-college semester drew to a close, Wintersmith observed that life outside is not so different from life inside. "There's many more distractions, there's a lot more freedoms that you didn't have in prison," he allowed. "But fundamentally, for me, it's the same."

Besides freedom, attitude is what the first people freed by Obama have in common. There is a hopefulness underlying their post-release woes, a quality that may ease the way for those coming behind them.

Back in Alabama, Clarence Aaron has yet to hear back on all the jobs he applied for. But he's still not complaining. The longer a person is out of prison, the less important their criminal history becomes, especially if their crime was nonviolent. "My transition has been a joyful one, even though it's a work in progress," he says. "I'm at a crossroads. I know that I've done what I'm supposed to do, but is there more that I can do?" ◻

RADCLIFFE ROYE FOR TIME

Mental Health

The Kids Are Not All Right

American teens are anxious, depressed and overwhelmed. Experts are struggling over how to help them

By Susanna Schrobsdorff

THE FIRST TIME FAITH-ANN BISHOP CUT herself, she was in eighth grade. It was 2 in the morning, and as her parents slept, she sat on the edge of the tub at her home outside Bangor, Maine, with a metal clip from a pen in her hand. Then she sliced into the soft skin near her ribs. There was blood—and a sense of deep relief. "It makes the world very quiet for a few seconds," says Faith-Ann. "For a while I didn't want to stop, because it was my only coping mechanism. I hadn't learned any other way."

The pain of the superficial wound was a momentary escape from the anxiety she was fighting constantly, about grades, about her future, about relationships, about everything. Many days she felt ill before school. Sometimes she'd throw up, other times she'd stay home. "It was like asking me to climb

PHOTOGRAPHS BY LISE SARFATI FOR TIME

Alison Heyland, 18, shown at her home in Maine, was part of a group that makes films to raise awareness about depression, anxiety and self-harm

Mount Everest in high heels," she says.

It would be three years before Faith-Ann, now 20 and a film student in Los Angeles, told her parents about the depth of her distress. She hid the marks on her torso and arms, and hid the sadness she couldn't explain and didn't feel was justified. On paper, she had a good life. She loved her parents and knew they'd be supportive if she asked for help. She just couldn't bear seeing the worry on their faces.

For Faith-Ann, cutting was a secret, compulsive manifestation of the depression and anxiety that she and millions of teenagers in the U.S. are struggling with. Self-harm, which some experts say is on the rise, is perhaps the most disturbing symptom of a broader psychological problem: a spectrum of angst that plagues 21st century teens.

Adolescents today have a reputation for being more fragile, less resilient and more overwhelmed than their parents were when they were growing up. Sometimes they're called spoiled or coddled or helicoptered. But a closer look paints a far

Phoebe Gariepy, 17, a high school senior in Maine, learned to avoid places online that glorified sadness and self-destructive acts

more heartbreaking portrait of why young people are suffering. Anxiety and depression in high school kids have been on the rise since 2012 after several years of stability. It's a phenomenon that cuts across all demographics—suburban, urban and rural; those who are college bound and those who aren't. Family financial stress can exacerbate these issues, and studies show that girls are more at risk than boys.

In 2015, about 3 million teens ages 12 to 17 had had at least one major depressive episode in the past year, according to the Department of Health and Human Services. More than 2 million report experiencing depression that impairs their daily function. About 30% of girls and 20% of boys—totaling 6.3 million teens—have had an anxiety disorder, according to data from the National Institute of Mental Health.

Experts suspect that these statistics are on the low end of what's really happening, since many people do not seek help for anxiety and depression. A 2015 report from the Child Mind Institute found that only about 20% of young people with a diagnosable anxiety disorder get treatment. It's also hard to quantify behaviors related to depression and anxiety, like nonsuicidal self-harm, because they are deliberately secretive.

Still, the number of distressed young people is on the rise, experts say, and they are trying to figure out how best to help. Teen minds have always craved stimulation, and their emotional reactions are by nature urgent and sometimes debilitating. The biggest variable, then, is the climate in which teens navigate this stage of development.

They are the post-9/11 generation, raised in an era of economic and national insecurity. They've never known a time when terrorism and school shootings weren't the norm. They grew up watching their parents weather a severe recession, and, perhaps most important, they hit puberty at a time when technology and social media were transforming society.

"If you wanted to create an environment to churn out really angsty people, we've done it," says Janis Whitlock, director of the Cornell Research Program on Self-Injury and Recovery. Sure, parental micromanaging can be a factor, as can school stress, but Whitlock doesn't think those things are the main drivers of this epidemic. "It's that they're in a cauldron of stimulus they can't get away from, or don't want to get away from, or don't know how to get away from," she says.

In my dozens of conversations with teens, parents, clinicians and school counselors across the country, there was a pervasive sense that being a teenager today is a draining full-time job that includes doing schoolwork, managing a social-media identity and fretting about career, climate change, sexism, racism—you name it. Every fight or slight is documented online for hours or days after the incident. It's exhausting.

"We're the first generation that cannot escape our problems at all," says Faith-Ann. "We're all like little volcanoes. We're getting this constant pressure, from our phones, from our relationships, from the way things are today."

Steve Schneider, a counselor at Sheboygan South High School in southeastern Wisconsin, says the situation is like a scab that's constantly being picked. "At no point do you get to remove yourself from it and get perspective," he says.

IT'S HARD FOR MANY ADULTS to understand how much of teenagers' emotional life is lived within the small screens on their phones, but a CNN special report in 2015 conducted with researchers at the University of California, Davis, and the University of Texas at Dallas examined the social-media use of more than 200 13-year-olds. Their analysis found that "there is no firm line between their real and online worlds," according to the researchers.

Phoebe Gariepy, a 17-year-old in Arundel, Maine, describes following on Instagram a girl in Los Angeles whom she'd never met because she liked the photos she posted. Then the girl stopped posting. Phoebe later heard she'd been kidnapped and was found on the side of a road, dead. "I started bawling, and I didn't even know this girl," says Phoebe.

'We're the first generation that cannot escape our problems at all.'

—Faith-Ann Bishop, 20

"I felt really extremely connected to that situation even though it was in L.A."

That hyperconnectedness now extends everywhere, engulfing even rural teens in a national thicket of Internet drama. Daniel Champer, the director of school-based services for Intermountain in Helena, Mont., says the one word he'd use to describe the kids in his state is *overexposed*. Montana's kids may be in a big, sparsely populated state, but they are not isolated anymore. A suicide might happen on the other side of the state and the kids often know before the adults, says Champer. This makes it hard for counselors to help. And nearly 30% of the state's teens said they felt sad and hopeless almost every day for at least two weeks in a row, according to the 2015 Montana Youth Risk Behavior Survey. To address what they consider a cry for help from the state's teens, officials in Montana are working on expanding access to school-based and tele-based counseling.

Megan Moreno, head of social media and adolescent health research at Seattle Children's Hospital, notes a big difference between the mobile-social-tech revolution of the past 15 years and things like the introduction of the telephone or TV. In the olden days, your mom told you to get off the family phone or turn off the TV, and you did it. This time, kids are in the driver's seat.

Parents are also mimicking teen behavior. "Not in all cases, obviously, but in many cases the adults are learning to use their phones in the way that the teens do," says Moreno. "They're zoning out. They're ignoring people. They're answering calls during dinner rather than saying, 'O.K., we have this technology. Here are the rules about when we use it.'"

She cautions against demonizing technology entirely. "I often tell parents my simplest analogy is it's like a hammer. You know, you can build a house that's never existed before and you can smash someone's head in, and it's the same tool." Sometimes phones rob teens' developing brains of essential downtime. But other times they're a way to maintain healthy social connections and get support.

Nora Carden, 17, of Brooklyn, who started college in upstate New York this fall, says she's relieved when she goes on a trip that requires her to leave her phone for a while. "It's like the whole school is in your bag, waiting for an answer," she says.

SCHOOL PRESSURES also play a role, particularly with stress. Nora got counseling for her anxiety, which became crushing as the college-application process ramped up. She'd fear getting an answer wrong when a teacher called on her, and often felt she was not qualified to be in a particular class. "I don't have pressure from my parents. I'm the one putting pressure on myself," she says.

"The competitiveness, the lack of clarity about where things are going [economically] have all created a sense of real stress," says Victor Schwartz of the Jed Foundation, a nonprofit that works with colleges and universities on mental-health programs and services. "Ten years ago, the most prominent thing kids talked about was feeling depressed. And now anxiety has overtaken that in the last couple of years."

Tommy La Guardia, a high-achieving 18-year-old senior in Kent, Wash., is the first college-bound kid in his family. He recently became a finalist for prestigious scholarships, all while working 10 to 15 hours a week at a Microsoft internship and helping to care for his younger brothers.

His mom, Catherine Moimoi, says he doesn't talk about the pressure he's under. They don't have a lot of resources, yet he manages everything himself, including college tours and applications. "He's a good kid. He never complains," she says. "But there are many nights I go to sleep wondering how he does it."

Tommy admits that the past year was tough. "It's hard to describe the stress," he says. "I'm calm on the outside, but inside it's like a demon in your stomach trying to consume you." He deals with those emotions on his own. "I don't want to make it someone else's problem."

> 'If you wanted to create an environment to churn out really angsty people, we've done it.'
>
> —Janis Whitlock, Cornell University

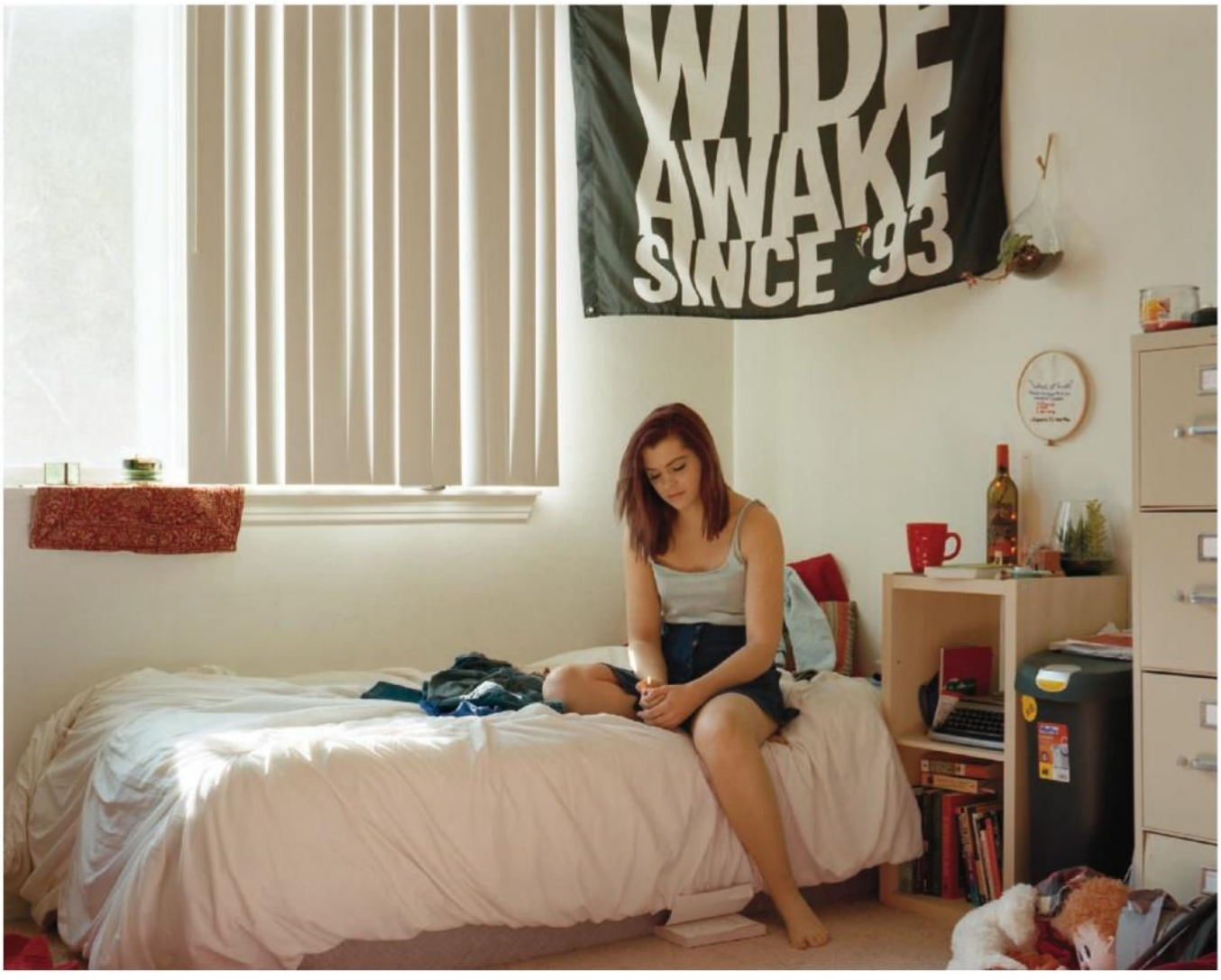
Alison Heyland, 18, a recent high school graduate, was part of a group in Maine called Project AWARE, whose members seek to help their peers manage anxiety and depression by making films. "We're such a fragile and emotional generation," she says. "It's tempting for parents to tell kids, 'Just suck it up.'" But, says Alison, "I feel like it really is less realistic for you to go after your dream job today. You're more apt to go do a job that you don't really like because it pays better and you'll be in less debt."

Meanwhile, evidence suggests the anxiety wrought by school pressures and technology is affecting younger and younger kids. Ellen Chance, co-president of the Palm Beach School Counselor Association, says technology and online bullying are affecting kids as early as fifth grade.

The strain on guidance counselors has increased since No Child Left Behind standardized testing protocols were implemented in the past decade. Tests can run from January through May, and since counselors in Chance's county are often the ones who administer the exams, they have less time to deal with students' mental-health issues.

"I couldn't tell you how many students are being nasty to each other over Instagram or Snapchat," she says of the elementary school where she's the sole counselor for more than 500 kids. "I've had cases where girls don't want to come to school because they feel outcasted and targeted. I deal with it on a weekly basis."

CONVENTIONAL WISDOM says kids today are oversupervised, prompting some parenting critics to look back fondly to the days of latchkey kids. But now, even though teens may be in the same room with their parents, they might also, thanks to their phones, be immersed in a painful emotional tangle with dozens of their classmates. Or they're looking at other people's lives on Instagram and feeling self-loathing (or worse). Or they're caught up in a discussion about suicide with a bunch of people on the other side of the country they've never even met via an



Faith-Ann Bishop, 20, had severe depression in high school. Now she's a film student in L.A.

app that most adults have never heard of.

Phoebe Gariepy says she remembers being in the backseat of a car with her headphones on, sitting next to her mom while looking at disturbing photos on her phone on social-media feeds about cutting. "I was so distant, I was so separated," she says. She says it was hard to get out of that online community, as gory as it was, because her online life felt like her real life. "It's almost like a reality-TV show. That's the most triggering part of it, knowing that those real people were out there." It would be hard for most people to know that the girl sitting there scrolling through her phone was engaged in much more than superficial selfies.

Josh, who did not want his real name published, is a high school sophomore in Maine who says he remembers how his parents began checking on him after the Sandy Hook shooting that killed 20 children and six adults. Despite their vigilance, he says, they're largely unaware of the pain he's been in. "They're both heterosexual cis people, so they wouldn't know that I'm bisexual. They wouldn't know that I cut, that I use red wine, that I've attempted suicide," he says. "They think I'm a normal kid, but I'm not."

In the CNN study, researchers found that even when parents try their best to monitor their children's Instagram, Twitter and Facebook feeds, they are likely unable to recognize the subtle slights and social exclusions that cause kids pain.

Finding disturbing things in a child's digital identity, or that they're self-harming, can stun some parents. "Every single week we have a girl who comes to the ER after some social-media rumor or incident has upset her [and then she cut herself]," says Fadi Haddad, a psychiatrist who helped start the child and adolescent psychiatric emergency department at Bellevue hospital in New York City, the first of its kind at a public hospital. Teens who end up there are often sent by administrators at their school. When Haddad calls the parents, they can be unaware of just how distressed their child is. According to Haddad, this includes parents who feel they're very involved in their children's lives: they're at every sports game, they supervise the homework, they're part of the school community.

Sometimes when he calls, they're angry. One mother whose child Haddad treated told him that she found out her daughter had 17 Facebook accounts, which the mother shut down. "But what good does that do?" says Haddad. "There will be an 18th."

For some parents who discover, as Faith-Ann's parents Bret and Tammy Bishop did a few years ago, that their child has been severely depressed, anxiety-ridden or self-harming for years, it's a shock laden with guilt.

Bret says Faith-Ann had been making cuts on her legs and ribs for three years before she got the courage to tell her parents. "You wonder, What could I have done better?" he says. Looking back, he realizes that he was distracted too much of the time.

"Even for us as adults, you're never away from work now. Before, there wasn't anything to worry about till I got back on Monday. But now it's always on your phone. Sometimes when you're home, you're not home," Bret says.

When Bret and Tammy joined a group for parents of kids with depression, he discovered that there were many girls and some boys who were also depressed and hurting themselves, and that few parents had any idea of what was going on.

Tammy said she wishes she'd followed her gut and taken Faith-Ann for counseling earlier. "I knew something was wrong, and I couldn't figure it out," she says.

SELF-HARM IS CERTAINLY not universal among kids with depression and anxiety, but it does appear to be the signature symptom of this generation's mental-health difficulties. All of the nearly two dozen teens I spoke with for this story knew someone who had engaged in self-harm or had done it themselves. It's hard to quantify the behavior, but its impact is easier to monitor: a Seattle Children's Hospital study that tracked hashtags people use on Instagram to talk about self-harm found a dramatic increase in their use in the past two years. Researchers got 1.7 million search results for "#selfharmmm" in 2014; by 2015 the number was more than 2.4 million.

While girls appear more likely to engage in this behavior, boys are not immune: as many as 30% to 40% of those who've ever self-injured are male.

The academic study of this behavior is nascent, but researchers are developing a deeper understanding of how physical pain may relieve the psychological pain of some people who practice it. That knowledge may help experts better understand why it can be hard for some people to stop self-harming once they start. Whitlock, the director of the self-injury research program at Cornell, explains that studies are pretty consistent in showing that people who injure themselves do it to cope with anxiety or depression.

It's hard to know why self-harm has surfaced at this time, and it's possible we're just more aware of it now because we live in a world where we're more aware of everything. Whitlock thinks there's a cultural element to it. Starting in the late 1990s, the body became a kind of billboard for self-expression—that's when tattoos and piercings went mainstream. "As that was starting to happen, the idea of etching your emotional pain into your body was not a big step from the body as a canvas as an idea," she says.

The idea that self-harm is tied to how we see the human body tracks with what many teens told me when I interviewed them. As Faith-Ann describes it, "A lot of value is put on our physical beauty now. All of our friends are Photoshopping their own photos—it's hard to escape that need to be perfect." Before the dawn of social media, the disorders that seemed to be the quintessential reflection of those same societal pressures were anorexia or bulimia—which are still serious concerns.

Whitlock says there are two common experiences that people have with self-harm. There are those who feel disconnected or numb. "They don't feel real, and there's something about pain and blood that brings them into their body," she says.

On the other end of the spectrum are people who feel an overwhelming amount of emotion, says Whitlock. "If you asked them to describe those emotions on a scale of 1 to 10, they would say 10, while you or I might rate the same experience as a 6 or 7. They need to discharge those feelings somehow, and injury becomes their way," she explains.

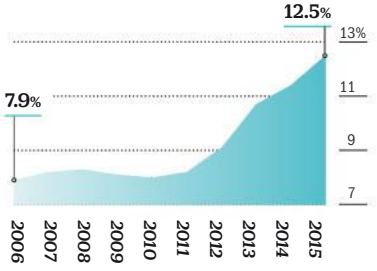
The research on what happens in the brain and body when someone cuts is still emerging. Scientists want to better understand how self-harm engages the endogenous opioid system—which is involved in the pain response in the brain—and what happens if and when it does.

Some of the treatments for self-harm are similar to those for addiction, particularly in the focus on identifying underlying psychological issues—what's causing the anxiety and depression in the first place—and then teaching

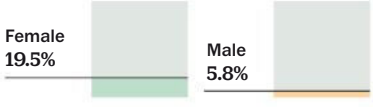
Depression by the numbers

3 million

Adolescents ages 12 to 17 in the U.S. who had at least one **major depressive episode*** in the past year. This number has increased over time.



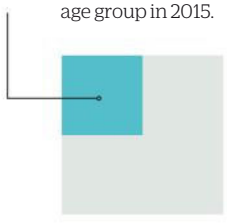
Girls are far more likely to experience depression



Anxiety by the numbers

6.3 million

Teens ages 13 to 18 who have had an **anxiety disorder.** That number represents 25% of the population in that age group in 2015.



Boys are more likely to be anxious than depressed

*A MAJOR DEPRESSIVE EPISODE IS DEFINED AS A PERIOD OF TWO WEEKS OR LONGER DURING WHICH THERE IS EITHER A DEPRESSED MOOD OR LOSS OF INTEREST OR PLEASURE, AND AT LEAST FOUR OTHER SYMPTOMS THAT REFLECT A CHANGE IN FUNCTIONING, LIKE PROBLEMS WITH SLEEP, EATING, ENERGY, CONCENTRATION OR SELF-IMAGE. SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

healthy ways to cope. Similarly, those who want to stop need a strong level of internal motivation.

"You're not going to stop for somebody else," explains Phoebe, the teenager from Maine. Even thinking about how upset her mother was about the self-harm wasn't enough. "I tried making pacts with friends. But it doesn't work. You have to figure it out for yourself. You have to make the choice."

Eventually, Phoebe steered herself out of the dark, destructive corners of the Internet that reinforced her habit by romanticizing and validating her pain. She's now into holistic healing and looks at positive sites populated by people she calls "happy hippies."

Faith-Ann remembers the day her mother Tammy noticed the scars on her arms and realized what they were. By then she was a junior in high school. "I normally cut in places you couldn't see, but I had messed up and I had a cut on my wrists. I lifted my arm to move my hair, and she saw it. It was scary because the cuts were in a place that people associate with suicide." That was not what she was attempting, however.

"If she'd asked me before that if I was cutting, I would have said no. I wouldn't have wanted to put that pain on her," says Faith-Ann. But that night she said, "Yes, I am cutting, and I want to stop." Tammy cried for a bit, but they moved on. She didn't ask why, she didn't freak out, she just asked what she could do to help. "That was the exact right thing to do," says Faith-Ann.

The family got counseling after that. Her parents learned that they weren't alone. And Faith-Ann learned breathing techniques to calm herself physically and how to talk to herself positively. Recovery didn't happen all at once. There were relapses, sometimes over tiny things. But the Bishops were on the right road.

One of the most powerful things Faith-Ann did to escape the cycle of anxiety, depression and self-harm was to channel her feelings into something creative. As part of the Project AWARE teen program in Maine, she wrote and directed a short film about anxiety and depression in teens called *The Road Back*. More than 30 kids worked on the project, and they became a support system for one another as she continued to heal.

What parents should do

If you're worried about an adolescent and aren't sure what to do, heed the advice of Fadi Haddad, a psychiatrist and the co-author of *Helping Kids in Crisis*

1

Talk about the real stuff

Sometimes conversations between parents and teens can be all about achievements, schedules and chores. Go beyond that. Find out what keeps them up at night, and ask, "What's the best part of your day?" Become attuned to their emotional world so that you understand what their dreams are, what they struggle with and how their life is going.

2

Pay attention, but don't smother them

Give teens space to grow and separate from you, but also watch for changes in behavior. Are they giving up activities they used to enjoy? Are they staying up all night or eating differently? Is your outgoing kid now withdrawn? If you're worried, say so. Show interest in their internal life without judgment.

3

Resist getting angry

When parents find out a teen has been hiding something or is having behavior issues, the response is often anger or punishment. Instead, find out what's going on. If a kid is acting out, say, "It seems like you're having trouble. I'm here to help. Tell me what's happening with you."

4

Don't put off getting help

If you're worried about an adolescent, talk to a school counselor, therapist or doctor. It's better to get help early rather than when trouble has firmly taken hold.

5

Treat the whole family

When a kid is in crisis, many times it's not enough to treat the child—you have to change the family dynamic. It's possible that something about the home environment was causing stress for the child, so be open to acknowledging that and getting family counseling if needed.

▸ *For more on help for teen mental-health issues, visit* **time.com/teenmentalhealth**

"I had a place where I could be open and talk about my life and the issues I was having, and then I could project them in an artistic way," she says.

BELLEVUE'S FADI HADDAD says that for parents who find out their children are depressed or hurting themselves, the best response is first to validate their feelings. Don't get angry or talk about taking away their computers. "Say, 'I'm sorry you're in pain. I'm here for you,'" he says.

This straightforward acknowledgment of their struggles takes away any judgment, which is critical since mental-health issues are still heavily stigmatized. No adolescent wants to be seen as flawed or vulnerable, and for parents, the idea that their child has debilitating depression or anxiety or is self-harming can feel like a failure on their part.

Alison Heyland's dad Neil says that initially, it was hard to find people to confide in about his daughter's depression. "I see everyone putting up posts about their family, they look so happy and everyone's smiling, everything is so perfect and rosy. I kind of feel less than," he says.

For both generations, admitting that they need help can be daunting. Even once they get past that barrier, the cost and logistics of therapy can be overwhelming.

Faith-Ann still struggles at times with depression and anxiety. "It's a condition that's not going to totally disappear from my life," she says over the phone from Los Angeles, where she's thriving at film school. "It's just learning how to deal in a healthy way—not self-harming, not lashing out at people."

Of course Bret and Tammy Bishop still worry about her. They now live in Hampstead, N.C., and at first Bret didn't like the idea of Faith-Ann's going to school in California. If she was having trouble coping, he and Tammy were a long plane ride away. How can you forget that your child, someone you've dedicated years to keeping safe from the perils of the world, has deliberately hurt herself? "It's with you forever," says Tammy.

These days, she and Bret are proud of their daughter's independence and the new life she's created. But like a lot of parents who've feared for their child's health, they don't take the ordinary for granted anymore. ◻

love
has
no
religion
before anything else, we're all human
rethink your bias at lovehasnolabels.com
Ad Council
love
has
no
labels

Time Off

'JUMPY LISTENS ATTENTIVELY TO EVERY WORD, COMPREHENDING NOTHING YET UNDERSTANDING EVERYTHING.' —PAGE 57

TELEVISION

A sprawling drama about Elizabeth II aims to be Netflix's new *Crown* jewel

By Eliana Dockterman

IT'S NOT EASY BEING A QUEEN. NOR is it easy to play one. To re-create the coronation of Queen Elizabeth II for Netflix's new series *The Crown,* premiering on Nov. 4, actor Claire Foy had to don a corset, five underskirts, a 5-lb. crown and a replica of the real dress the Queen wore on that historic day. The show borrowed the garment from an exhibition. "There was a lot to carry, costume-wise and crown-wise and scepter-wise," Foy tells TIME. "The dress was too long. We couldn't take it up, so underneath I had on these skyscraper platforms that were white, pink and teal, which is not very queenly."

The Crown is nothing if not ambitious. Created by Peter Morgan, it aims to span six 10-episode seasons, one for each decade of the monarch's ongoing reign. Netflix has reportedly spent £100 million on the production. The first season required more than 7,000 extras, and 100 people worked on the costumes alone. Morgan hired seven researchers to help him dig through a trove of films, books, articles and photographs.

Given the global interest in all things royal—weddings, babies, scandals—*The Crown* is a clear bid by Netflix to attract an international audience for its streaming service.

Foy plays Queen Elizabeth II in the first decade of her rule

THE ROYAL TREATMENT
Netflix reportedly spent £100 million on *The Crown*

NETFLIX

But as Morgan's credentials suggest, the show aspires to be more than a costume drama that will scratch the same itch that *Downton Abbey* did for Anglophiles.

Morgan, who also wrote the screenplays for *The Last King of Scotland* and *Frost/Nixon,* has spent the past decade creating fictional versions of Elizabeth: he wrote the 2006 film *The Queen,* for which Helen Mirren won an Oscar, and the 2013 play *The Audience,* for which Mirren won a Tony.

No one is more surprised by this turn of events than the writer himself. "If you'd have said this to me 10 years ago, I would have laughed. I would have said I can't think of anything I want to write about less," Morgan says. "But she's a fantastic prism through which to look at the second half of the 20th century."

> 'I want to be independent of them. I want them to be independent of us. I wouldn't want to know if any of them had seen it.'
>
> **PETER MORGAN**, creator of *The Crown,* on the royal family's reaction to the show

QUEEN ELIZABETH II ascended to the throne when she was just 25 years old, after the unexpected death of her father King George VI at age 56. (In the first episode of *The Crown,* we see the King's doctors initially hide from him their diagnosis of terminal cancer.) Elizabeth was forced to make the overwhelming transition from her planned life as wife and mother to monarch decades earlier than she'd imagined. Although her later years have been extensively documented in photographs and film, there's little to draw from in her earliest days on the throne, leaving Foy to invent much of the character.

Foy has some experience imitating royals: she is best known for playing a much less lucky Queen, Anne Boleyn, in the BBC's *Wolf Hall.* But Elizabeth has a stiffer upper lip than the spoiled, ambitious and desperate Anne. In character, Foy does not allow her emotions to bubble above the surface. Anxiety and sadness flicker across her face as she maintains her proper posture. "You never really know how she feels," Foy says of Elizabeth. "There's no massive breakdown scene where she starts smashing things. It's all very hidden. I can't imagine how lonely it all must have been."

Elizabeth's new title means giving up much of what she personally might have wanted. "There is a constant duality between who you are as an individual and what the crown makes you become," says Morgan. "With the crown comes a series of rules and expectations that might be quite out of step with the person who has the crown on her head."

It also means alienating friends and family. Elizabeth's coronation kicks off conflicts with her uncle and sister as well as Prime Minister Winston Churchill, played by John Lithgow as a hero struggling to maintain power in old age. But the divide between personal happiness and political obligation is most clear in Elizabeth's relationship with her husband Prince Philip, played by Matt Smith, who portrayed the 11th BBC incarnation of Doctor Who. At times, Philip is aggressively unlikable, especially when judged through a modern lens. He makes racist jokes on a royal excursion to Kenya and plots his own climb up the social ladder at his spouse's expense. He bristles under Elizabeth's newfound power, beginning with the moment he's told by advisers that he must walk behind her.

Yet Morgan, Foy and Smith find a way to humanize the prince. "I think Matt and I both fell in love with Philip in a way," Foy says. "He became sort of superfluous, but his life changed as much as hers did. He had to sacrifice so much of his career for her. And this is a man who was basically an orphan."

While Elizabeth is the hero of the show, the series doesn't shy away from scandals, like Princess Margaret's affair with a married man. So far, Buckingham Palace has remained mum on the show prior to its premiere. "There is no collusion. I want to be independent of them. I want them to be independent of us," Morgan says. "I wouldn't want to know if any of them had seen it." ◻

TIME PICKS

MUSIC

On her sixth album, *Here* (Nov. 4), **Alicia Keys** sings her most confessional songs to date with a newfound self-awareness and her signature piano.

BOOKS

T.C. Boyle's novel ***The Terranauts*** tells of eight scientists trying to survive in a self-contained compound designed as a refuge from climate change.

TELEVISION

Amazon's ***Good Girls Revolt*** (Nov. 4) fictionalizes the 1969 uprising at *Newsweek* that began when its unsung female researchers sued for gender equality in the workplace.

MOVIES

Shot in the snowy Mongolian mountains, the documentary ***The Eagle Huntress*** (Nov. 2) spotlights a 13-year-old girl who demands to be included in an ancient male tradition.

THE EAGLE HUNTRESS: SONY; AMERICAN HORROR STORY: FX (3)

In American Horror Story*'s sixth season, Kathy Bates plays a crazed butcher*

TELEVISION

American Horror Story is frightfully good with secrets

By Daniel D'Addario

AMERICAN HORROR STORY HAS DEPICTED PLENTY OF DEATHS during its run on FX, and the show's fifth season, "Hotel," which wrapped up in January, seemed to augur the most consequential death yet: the show's own. Guest star Lady Gaga won a Golden Globe, but the story jury-rigged around her had grown bloated, with a meandering plot that included an army of child vampires and an undead Rudolph Valentino. Ratings were good enough to ensure another season, but the franchise seemed exhausted. Which makes *American Horror Story: Roanoke* one of the most surreal and exciting developments of the TV year. This sixth installment has at every turn delighted with its commitment to gore—and to surprise, giving new life to a show that felt like a lumbering member of the undead.

Early episodes of the new season, which debuted on Sept. 14, depict Shelby and Matt Miller (Lily Rabe and André Holland), a couple who buy a home near North Carolina's "lost colony" of Roanoke, abandoned by 16th century settlers. The Millers are soon haunted by the earliest, and most violent, Americans. None of this was known to viewers beforehand. Nor was the framing device in which the tale is revealed: a faux true-crime show, *My Roanoke Nightmare,* featuring both the "real" couple and the re-enactors (Sarah Paulson and Cuba Gooding Jr.) playing them. After years of increasing buzz for the series, FX went self-consciously quiet for Season 6. Everything from the casting to the title was kept from fans until it began.

With *AHS* facing competition from other cable, broadcast and streaming series, refusing to give even a hint was a big bet. Lately, shows tend to promote themselves with increasingly elaborate trailers to lure as many viewers as possible. The twist in the pilot of NBC's *This Is Us,* for instance, was revealed in some of the coverage leading into the fall season. The impact was blunted, but it helped make the show a hit.

AHS's ongoing twists, like the meeting of the real couple and the re-enactors for a new set of horrors, have felt genuinely jarring. The show-within-a-show conceit has been endlessly rewarding, running the gamut from media satire to raw terror. After *AHS* pushed the limits of just how crazy it could get, the simplicity of gut-level scares is bringing it back.

That Paulson and Gooding—having recently played prosecutor and defendant on *AHS* creator Ryan Murphy's masterly *The People v. O.J. Simpson: American Crime Story*—are part of the cast adds a frisson of fun for TV diehards and ups the ante for a show known for the quality of its acting. When Paulson and Gooding scream, our blood curdles all the more.

Gooding's presence lends the show its greatest punch. *Roanoke* has, so far, been the story of an interracial couple who face down the ghosts of America's origins. I wouldn't call it subtle—no project with Kathy Bates playing a screaming butcher from the 1500s could be. Yet its success in weaving meaningful ideas about what it means to be American into a horror tale demonstrates just how much the show's artifice needed to be stripped away. Now that each bend in the plot arrives unheralded, it's all the better. Everyone knows the most cathartic terrors come when you're in the dark. ◻

FAMILIAR FACES
In a meta-twist for fans of showrunner Murphy, who cast Paulson and Gooding in *The People v. O.J. Simpson*, he cast them again in *Roanoke,* as actors

MOVIES

A leading man saves *Hacksaw Ridge* from hackdom

By Stephanie Zacharek

As Desmond Doss, Garfield, right, brings corn-fed charisma to Gibson's bloody epic

MEL GIBSON MAY NOT ALWAYS BE A good director, but he's never a stupid one. *Hacksaw Ridge,* his fifth feature, is blunt and effective, a picture cannily crafted for maximum effect. Whatever subtlety appears onscreen comes from its anchor performance by Andrew Garfield, who plays Desmond Doss, a real-life World War II medic who—as a conscientious objector—refused to carry a weapon but whose bravery saved the lives of at least 50 men in his battalion during the Battle of Okinawa.

Skinny as heck, with a giraffe neck and quizzical eyebrows, Garfield is an Anthony Perkins for today. His Doss is a corn-fed guy who, for a decisive flash of time, will end up carrying the world on his bony shoulders. Doss was a country kid from the Blue Ridge Mountains, and Gibson sets up his backstory in an extended, slightly schmaltzy preamble: we see Doss meeting and courting his future bride (Teresa Palmer) and cringing from the abuse doled out by his alcoholic father (Hugo Weaving). But the picture really sparks when Doss shows up for basic training and makes his spiritual and religious beliefs known. He's a Seventh-Day Adventist, adamantly against killing any other human being—a point of view that doesn't go down well with the U.S. Army. Doss is eager to serve his country and wants to be a medic, but his sergeant (Vince Vaughn, in a prickly, quietly intense performance) and fellow soldiers, particularly Luke Bracey's Smitty, still come down on him, hard. Doss is nearly court-martialed for standing his ground, but an eleventh-hour near miracle saves him—and if there's anything we know about Gibson, it's that he loves a good miracle.

There are quite a few of those in *Hacksaw Ridge,* but they're the man-made kind, examples of humans acting with extraordinary courage and conviction. But this picture isn't for the faint of heart. When Doss and his fellow soldiers finally make it to Okinawa, Gibson doesn't soften the horrors they face: he shows us men whose bodies have been torn in two, their entrails dangling like useless fringe, and rats nibbling at the faces of men who have been dead for only a few hours.

Gibson's relentless display of carnage may seem exploitative, but the way he dramatizes the violence of battle puts Doss's actions in sharp perspective. Even after his battalion retreats, Doss keeps pushing forward to drag as many wounded men as possible to safety, lowering them down one by one from a 100-ft. ridge on a rope knotted into a series of dubious-looking loops. The prayer he repeats—"Please, Lord, help me get one more"—doesn't even sound aggressively religious. It's more an incantation, the automatic mantra of a man living desperately in the moment. (It's also the exact prayer that kept the real-life Doss going: the movie's last minutes include footage from an interview with Doss conducted before his death, at 87, in 2006.)

> Gibson shows us men whose bodies have been torn in two, their entrails dangling like useless fringe, and rats nibbling at the faces of the dead

This wouldn't be a Mel Gibson movie without some manner of overt religious imagery, and so we get a shot of a stretcher bearing a wounded man that appears to rise to the sky, like Christ ascending to the heavens. You can accept this moment wholeheartedly or skim over it—it neither mars nor intensifies the story. The same cannot be said when, every so often, Gibson makes a groaner of a choice in how he uses Rupert Gregson-Williams' soppy, string-heavy score: the movie's moments without music are far more effective.

But then, no one expects understatement from Mel Gibson. And if *Hacksaw Ridge* sometimes veers into overkill territory, at least it bristles with grim vitality. This is the first movie Gibson has directed since the 2006 *Apocalypto*, and his first since rational people everywhere turned against him for his repeated anti-Semitic ravings. *Hacksaw Ridge* doesn't absolve him of those. But it's still a movie that reaches out toward the idea of goodness in the world. And whether you or I like Gibson as a person, it's no one's place to deny his reach. ◻

HACKSAW RIDGE: LIONSGATE; GARFIELD: GETTY IMAGES; IN A VALLEY OF VIOLENCE: FOCUS WORLD (2)

QUICK TALK

Andrew Garfield

The American-British actor, 33, stars as conscientious objector Desmond Doss in Hacksaw Ridge, *out Nov. 4* (see review, left); *next, on Dec. 23, he'll appear alongside Liam Neeson and Adam Driver in Martin Scorsese's* Silence, *about 17th century Jesuit priests.*

What drew you to the character of Desmond Doss? It was one of those stories that rang a bell inside me. I felt compelled enough that I knew my drive to do it would supersede any doubt I had about myself being able to do it. Desmond was in touch with his spirit, with his own deep inner self, with God. In that way it was very inspiring.

How did you find working with Mel Gibson as a director? He's incredibly instinctive and emotional—all blood and guts, nerve endings, viscera and muscle. Simultaneously, he's got a tremendous intellect.

The film puts spirituality front and center. Were you surprised to see how that theme crystallized in the finished film? It was definitely in the script. I sat with Mel and talked at length about it, and my only concern was: I don't want to do this film if the message is, "Christianity is the only way." And he agreed. It was vital to me that we communicated that Desmond's faith was deeper than any dogma, deeper than any set of man-made rules, but that he was in touch with a deep knowing in his bones, as opposed to any ideology.

Your next film, *Silence,* is also about faith—you play a priest. How did you research the role? I was prepping for a year. I underwent this spiritually transformative process that St. Ignatius created—a retreat where you meditate and imaginatively walk with Jesus through his life, from birth to resurrection. My experience was very personal. Hopefully we're dying on the cross every day and being resurrected in a truer way every day. That's the idea, for me—the old self being shed in order for the truer self to emerge. —SAM LANSKY

ON MY RADAR

RAURY

"I've been listening to a lot of young hip-hop artists like Raury. He's like Bon Iver meets Marvin Gaye meets A Tribe Called Quest. It's really conscious."

Hawke's former soldier loses his best friend

MOVIES

Valley of Violence is hounded by its true star

CONSIDER THIS A SPOILER, BUT DOG LOVERS should know that Abbie, the clever, insanely captivating canine character in Ti West's scraggy western *In a Valley of Violence,* does not make it through alive. West takes care not to manipulate emotions with her death, but he has a bigger issue. When the dog dies at the end of the film's disreputably enjoyable first act, the movie's spirit dies too, never to recover.

Ethan Hawke brings sober, snaggletoothed grandeur to Paul, a former cavalryman ambling through the desert with Abbie, looking to atone for unnamed sins. When Paul stops in a small town, he runs afoul of local miscreants (led by James Ransone's Gilly), and trouble follows even after the marshal (John Travolta) lets him off the hook. Hawke's scenes with Abbie have a salty, convivial vibe, but horror-picture phenom West, making his first foray into westerns, doesn't control the tone. Its somber, bone-dry gruffness crumbles to dust, only to be replaced by adolescent jokiness. The movie's ending is little more than a fizzle. But wow, what a dog. The extraordinary animal actor Jumpy, a border collie mix with fabulous speckled legs and alert triangles for ears, listens attentively to every word from his master's mouth, comprehending nothing yet understanding everything.

—S.Z.

Read a novel: it's just what the doctor ordered

By Sarah Begley

IT'S WELL-ESTABLISHED SCIENCE THAT READING boosts vocabulary, sharpens reason and expands intellectual horizons. But the latest round of research on the benefits of literature focuses on how it improves not our IQ, but our EQ.

Book lovers profess a deep emotional bond with books, and scientists are increasingly looking to explain just what it is about fiction that improves our mental health. Three years ago, researchers at the New School for Social Research found a link between what psychologists call "theory of mind"—basically, the ability to know what another person is thinking or feeling—and reading a passage of literary fiction (distinguished from popular fiction). Participants who read passages from short stories were found to score better on the Reading the Mind in the Eyes Test (RMET), an assessment that asks participants to look at photos of subjects' eyes and identify what they're feeling (for instance: arrogant, annoyed, upset or terrified). Headlines proclaimed that reading even a few pages of a short story could instantly improve your ability to empathize with your fellow man.

Turns out, that might be a bit of a stretch: in September, researchers tried to replicate that study and found no significant connection between reading a short passage and increasing empathy. But they did find a link between high theory of mind and a lifelong relationship with literature. Study participants who scored higher on the RMET were more likely to score high on the Author Recognition Test, which asks participants to check names on a list of 130 authors, half of which are bogus. Researchers subtract the number of fake authors identified by the participant from the number of real authors identified to gauge how familiar the person is with novelists, and therefore how well-read they probably are. So reading a few pages of a short story might not make you more empathetic, but being a devoted reader of literary fiction could.

Of course, correlation does not prove causation, and one of the lead authors, Maria Eugenia Panero of Boston College, says it's "hard to know whether reading literary fiction increases theory of mind or if people who naturally have higher theory of mind are just more drawn to literary fiction." It's also possible

THERAPEUTIC READING

Bibliotherapists Ella Berthoud and Susan Elderkin share some of their prescriptions:

THE COLOR PURPLE
by Alice Walker
For falling out of touch with siblings

THE ACCIDENTAL
by Ali Smith
For deciding whether to have kids

THEIR EYES WERE WATCHING GOD
by Zora Neale Hurston
For getting over divorce

THE ENCHANTED APRIL
by Elizabeth von Arnim
For lackluster marriages

JITTERBUG PERFUME
by Tom Robbins
For helping you embrace life

THE SISTERS BROTHERS
by Patrick deWitt
For weighing a career change

PLEASE LOOK AFTER MOM
by Kyung-Sook Shin
For taking your mother for granted

GIOVANNI'S ROOM
by James Baldwin
For wishing you had a valentine

FAMILY MATTERS
by Rohinton Mistry
For dealing with aging parents

WHAT I LOVED
by Siri Hustvedt
For bereavement, especially of a child

GETTY IMAGES (2)

haveKINDLEwillTRAVEL
CUSCO, PERU
HIRAM BINGHAM, *INCA LAND*
@AMAZONKINDLE
amazon

that high empathy and a high interest in literary fiction feed off each other.

BEING ABLE TO UNDERSTAND what other people are feeling is critical for building social relationships. So even though reading is a solitary activity, it could improve your social life. Another recent study, from the University of Münster, identified a separate social aspect of reading. "Heavy book users"—those who get through at least 18 books per year—flaunt their books in public or on living-room bookshelves as a way of communicating something about themselves in an effort to "shape identity and self-expression," the authors wrote. This can take the form of differentiating oneself from others or relating to members of the same in-group.

Reading can also create an actual social bond between the reader and the characters—studies have found that fans of any fictional enterprise (not just books but TV series too) can feel real grief when a favorite character dies. The friendship is imaginary, but the emotional attachment is real—and it can have real-life implications. A 2012 study at the Ohio State University had registered undergraduates read different versions of a story in which the protagonist overcomes challenges in order to vote—like car troubles, bad weather and long lines. Those who read a version that led them to identify strongly with the character were more likely to vote in the real election a few days later—65% of them said they voted, compared with 29% who read a less relatable version of the story. In a small way, at least, reading affected their behavior.

At the School of Life in London, a cohort of bibliotherapists want to help people use fiction to change their lives on a more profound level. Bibliotherapy—more art than science—involves the prescription of novels "to cure life's ailments," says Ella Berthoud. Berthoud, an artist, and her friend Susan Elderkin, a novelist, met while studying at Cambridge and got into the habit of leaving books in brown paper bags outside each other's dorm rooms to help them deal with the crisis of the week—romance problems, work stress and so on. They carried on the tradition for years and eventually decided it would be a useful service for others.

Berthoud, Elderkin and their associates are not trained as actual therapists, but their clients shell out £100 ($125) to spend 50 minutes with them, either in person or on a Skype or phone call. Besides a few devotees who come back again and again, most people use it as a one-time session—and frequently purchase a session for friends or relatives as a gift. Clients fill out a long questionnaire about what they like to read and what's going on in their personal lives, then meet with the bibliotherapist to discuss in further detail. The bibliotherapist makes an "instant prescription" at the end of the session, then sends a list of six to eight books and the reasons for their recommendation a few days later. They say the feedback is 99% positive.

The prescriptions are primarily for fiction, and the advice contained therein is meant to be more emotional than technical. "Inhabiting a novel can be transformative in a way that using a self-help book isn't," says Berthoud. "There are certain books that have been really life-changing books for me," says Elderkin, "and it's generally a matter of luck whether you hit on the right book at the right time of your life, which can open a door and help you to see something in a new way, or just give you that next leap up into new maturity."

Elderkin and Berthoud's clients are frequently at a career crossroads: for this, they might prescribe Patrick deWitt's *The Sisters Brothers,* about siblings for whom a career change would be almost impossible. "It's a lovely, lighthearted, this-guy-has-it-much-harder-than-you-and-he-still-manages-it type of kick up the backside," Elderkin says. For women weighing whether to have children, they like *The Accidental* by Ali Smith. "It helps you think, Mmm, actually, this is making me think I'm really glad that I'm fancy-free and don't have kids, or the opposite, as in, This is making me want to go for it while I can," Berthoud says. For those struggling with a divorce, they suggest Zora Neale Hurston's *Their Eyes Were Watching God,* which features one woman's series of marriages, some more successful than others. Those in so-so relationships are sometimes prescribed Elizabeth von Arnim's *The Enchanted April,* about two women in unhappy marriages who take a villa together in Italy. It "actually is great for almost everybody as an encouragement to not look outside for the problem and the blame," says Elderkin, "but to see if you can come up with a constructive new energy level."

> 'Inhabiting a novel can be transformative in a way that using a self-help book isn't.'
>
> **ELLA BERTHOUD**, bibliotherapist at the School of Life

Of course, all these novels speak to far more than just a single topic—*Their Eyes Were Watching God,* for instance, is a 20th century masterpiece that has much to say about not just love but also religion, race, feminism and folklore, in addition to being a practically perfect work of art. But it is exactly because these books are not reducible to a single theme or lesson that readers can get so much out of them. A truly great novel, Berthoud says, "gets into your subconscious and actually can change your very psyche from within."

THE SCIENCE behind reading for mental health is limited, but researchers like Panero are eager to continue exploring the benefits. "I think we all have some sort of intuitive sense that we get something from [fiction]," she says. "So in our field, we're interested in saying, 'Well, what is it that we're getting?'"

Even the greatest novel cannot, by itself, cure clinical depression, erase posttraumatic stress or turn an egomaniac into a self-denying saint. But it might ease a midlife crisis or provide comfort in a time of grief. As more science comes in, Elderkin says, it's natural for readers to find it "satisfying when people come up with 'proof' of something which they've always felt to be true." □

GETTY IMAGES

HELP
SAVE
THE DIVE
MASK
© 1986 Panda symbol WWF ® "WWF" is a WWF Registered Trademark
The coral reefs where we dive need help. Overfishing, careless tourism and climate change are putting reefs and people's livelihoods at risk. From the Coral Triangle to the coastlines of Africa and Australia's Great Barrier Reef, WWF is promoting responsible tourism and pushing for protected areas and responsible fishing. Help us look after the world where you live at **panda.org**
WWF
Tubbataha Reefs Natural Park, Palawan, Philippines.
© Jürgen Freund / WWF-Canon

The House of Flavors ice cream parlor in Ludington, Mich., was officially recognized for **crafting the largest sundae ever;** it was 2,970 ft. long, breaking the Guinness World Record by over 1,000 ft.

American cellist David Teie recorded an **album of music meant specifically for cats,** replete with purring noises and birdlike chirping sounds. It reached No. 1 on the iTunes classical-music chart.

Thanks to an Airbnb contest, **you can now win a stay in Romania's Bran Castle,** which was reportedly the inspiration for the Dracula estate. Features include velvet-lined coffins and a "blood-enriching meal."

Warner Bros. Records announced that it will release a **40-track album titled *Prince 4Ever*** that will contain a never-before-released song from the late artist.

Bill Murray **crashed a White House press briefing in full Cubs attire** shortly before the team won the National League Championship.

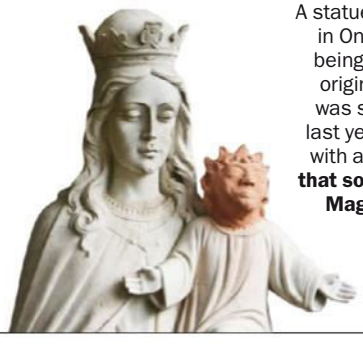
Spotify reported that streams of **Janet Jackson's 1986 hit "Nasty" increased by 250%** after Donald Trump called Hillary Clinton a "nasty woman" at the final presidential debate.

***TIME*'S WEEKLY TAKE ON** **LOVE IT / LEAVE IT** **WHAT POPPED IN CULTURE**

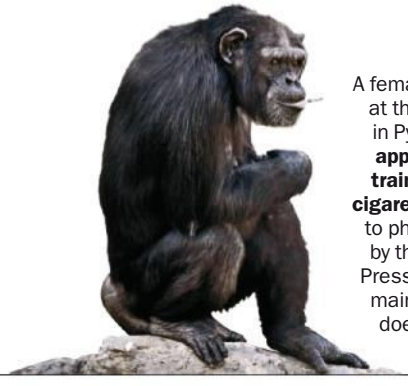
Global wine production **will drop to one of its lowest levels in 20 years** because of climate change, with the biggest declines in South America.

A man taking part in a food-eating contest devoured a puree of ghost pepper so hot, **it caused him to vomit and tear a hole in his esophagus.** He spent 23 days recovering in a hospital.

Bruce Springsteen said he wrote a "big ballad" for the *Harry Potter* movie series—but **it was rejected by the powers that be.** (Warner Bros. did not immediately comment.)



A statue of the baby Jesus in Ontario, Canada, is being mocked after its original head—which was stolen by vandals last year—was replaced with a **terra-cotta head that some say resembles Maggie Simpson's.**



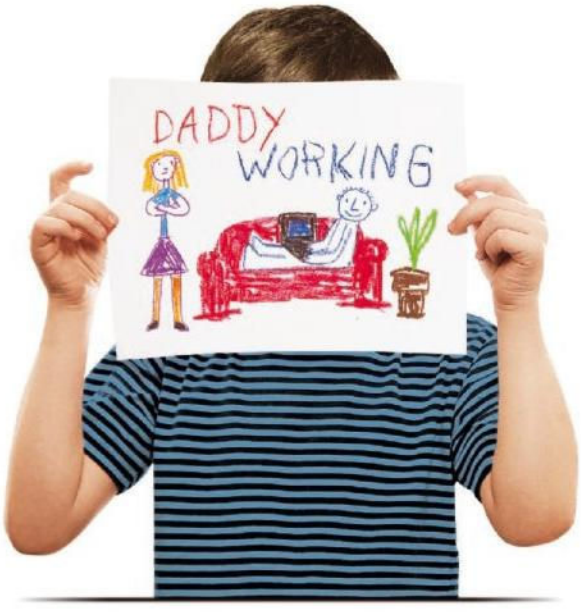
A female chimpanzee at the Central Zoo in Pyongyang **has apparently been trained to smoke cigarettes,** according to photos released by the Associated Press. (Zoo officials maintain that she doesn't inhale.)

CASTLE: AIRBNB; HARRY POTTER: EVERETT; SUNDAE, CHIMPANZEE, JESUS STATUE: AP; MURRAY, CAT, PRINCE, JACKSON, SPRINGSTEEN, PEPPER, WINE: GETTY IMAGES

By Raisa Bruner, Cady Lang and Megan McCluskey

Is telecommuting work? The answer isn't in the fridge. (I already looked.)

By David Von Drehle



WANT TO GLIMPSE THE FUTURE? ACCORDING TO THE Bureau of Labor Statistics, nearly a quarter of all employed Americans work from home at least part of the time—roughly 39 million telecommuters, and the number is rising rapidly. Based on my personal experience, that means at least 13 million of us are staring blankly into the refrigerator right now.

Roughly 2 million are organizing the junk drawer in the kitchen.

One hundred and forty-three thousand are trying to figure out why the drain is slow in the hall bathroom.

It's not that we're trying to avoid work. Well, actually, we are trying to avoid work, and the thing about telecommuting is that it makes work avoidance so easy. Slacking at the office requires subterfuge. I know of a lawyer who kept a spare suit jacket and trick ice cubes in his office. When he was feeling unproductive, he would put the jacket on the back of his chair and pour a soda over the non-melting ice, then slip away for the afternoon, leaving his door ajar. Anyone looking for him would peek into his office, see the ice in the glass, and assume that he had stepped away for just a moment.

BEFORE I BECAME A TELECOMMUTER, I used to put on a suit and tie to go to work. I rode the subway or sat in rush-hour traffic. Sometimes, when I was at the office, I might appear to be idle, sitting for minutes or hours at my desk, staring into space, as I waited for the next word or sentence to form. Sooner or later, though, the sitting would produce results. What does it take to be a writer? A cast-iron rear end, mainly.

At home, when you stare into space you are likely to notice dust bunnies under the bookcase, or a lightbulb that needs changing. That will cause you to remember that you need a new dust mop, and that lightbulbs are on sale. A trip to the grocery store wouldn't hurt, would it? Might as well fill the car, and get it washed while you're at it—the thing is filthy.

I worry about what this is doing to my marriage, because my wife does most of her work from home too. She has a saying about too much togetherness: "For better and for worse, but not for lunch." It's hard on her when she sees me lounging on the sofa, Googling former classmates, and asks if I'm free to drive the afternoon carpool, only to have me snap: "Excuse me for trying to feed this family!" I think she would prefer to have me march out the door, briefcase in hand, at 7 a.m. and return at 5:30 like Ward Cleaver.

But with experts projecting that the telecommuting population could double in the near future, this probably isn't in the cards. I have to wonder: How will my kids ever figure out what work is? For much of human history, work was relentless: hauling water, tending crops, raising herds, spinning cloth, dipping candles. That gave way to an era in which workers in offices and factories arrived on time, often in uniform, and when work was over they changed into other outfits that let you know they were off the clock. I grew up in that era, and I learned that earning a living meant leaving home for a designated portion of every workday.

What kind of example am I setting, barefoot and T-shirted, staring into my laptop on the back porch? "Don't bother your dad—he's working," I hear my wife say. I know what they're thinking in reply, the dears, even if they are too polite to say it: How can you tell?

THEY'RE COMING OF AGE in a world in which the line between working and not-working is being erased. The counterpoint to the midday grocery-store run is the midnight email from a distant time zone. If telecommuters are never entirely at work, neither are we ever entirely away from work. We're catching up on reading while the ballgame is on, furtively checking texts during the school pageant, reviewing tomorrow's agenda just before bedtime.

Multitasking is a fine thing, but some tasks still demand good old-fashioned focus. That's hard to model as a work-from-home dad, because the struggle to dial up my focus on today's world can seem indistinguishable from goofing off. One advantage of having parents disappear daily is that the ritual gives visible form to abstract notions of discipline and concentration.

Which is why I keep a tiny office, the size and charm of a prison cell, in a building not far from home. There is nothing to do in my office but sit, hour after hour, as writers must. I go there when the work absolutely must get done—no dust bunnies, no lightbulbs, no fridge.

This column, for example. ◻

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Anna Deavere Smith The actor, professor and playwright on her one-woman show about race, education and criminal justice

How did coming from a family of educators shape your perspective on education? I grew up in Baltimore, a town that was just coming out of segregated schools. Education was about progress and community and love. My mother taught really poor kids. Even though we were all, at the time, Negroes, there was a clarity for me about my situation and the situation of the children she taught.

In *Notes From the Field,* you tackle the so-called school-to-prison pipeline, through which many poor kids end up in the criminal-justice system instead of in school. Two hundred and fifty interviews later, I think it's not right to call it the school-to-prison pipeline. It's more broadly a problem of poverty. There are lots of things pulling against the possibility that a kid could have rich intellectual development. I don't think it's fair to blame teachers. If we want schools to be an effective intervention, they have to have all kinds of supports that aren't there now.

And what about the devastating instances of young black men being killed by police? A play that put my work on the map, *Twilight: Los Angeles,* was about a black man [Rodney King] being beaten by black officers. Once Ferguson happened, it expanded my idea of what I'm doing. *Notes From the Field* is really a trumpet blaring for people to get on board with what I think is a new civil rights movement.

More than 20 years after *Twilight,* does the violence today feel like déjà vu? The project about L.A. broadened my idea of race relations beyond black and white. My grandfather said, "If you say a word often enough, it becomes you." I've been trying to become *America,* word for word, as an antidote [to being] told, "Don't have anything to do with those people and they will not have anything to do with you." It's about insisting that I can be fully American and fully human by opening my heart to people who are very different from me.

Do you see yourself as a voice for people? I am not a voice for anybody. I want to hear from people because they know what I don't. They're giving me voice. A lot of people wear clothes to look hip or thinner or more important. I wear these words, and they're a gift that I hope makes me look better.

Is there art that has inspired you to act? Inspiration is transformative in a way that makes you feel your own potential to make your contribution. I have found my students inspirational. Music of the '60s—King Curtis and the Kingpins. The horn and the organ have given me the courage to come to New York, walk in the lion's mouth. I'll never forget having a chance to go to a Picasso retrospective. It changed my life—gave me courage. Went all the way to see *Guernica* in Spain—gave me courage.

What would Nancy McNally, your character from Aaron Sorkin's *The West Wing,* make of this election? I think she would just be appalled, at the ideas but also the ways in which language is being rendered by Trump. She'd have a sense of how to yell at Hillary Clinton the way somebody yells in the corner at a boxer, "Keep your hands up!"

What have you learned from talking to thousands of Americans? Cornel West taught me that hope and optimism are different. Hope has to do not with thinking everything's going to be O.K., but seeing that it's not and then you move anyway. I keep seeing this willingness to move anyway, whether it's a bull rider in Idaho or the chief judge in the Yurok tribe. I've been interested in people who see the dignity in struggle, and sometimes that struggle is toward something beautiful. —ELIZA BERMAN

> 'Hope and optimism are different. Hope has to do not with thinking everything's going to be O.K., but seeing that it's not and then you move anyway.'

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